

PRICE
2/-



McAlpin's

TEST KITCHEN

RECIPES

A GUIDE TO BETTER BAKING





Dear Friend,

You are invited to
enjoy many hours of pleasant
baking by the use of these recipes.

Sincerely yours, Dorothy M. Giles

Home Economist — McAlpin Test Kitchen

THIS BOOK —

"A Guide to Better Baking"

— offers
a large selection of recipes to
achieve the variety that always
pleases your family and friends.

Every recipe has been carefully
planned and thoroughly proved
in the McAlpin Test Kitchen and
forms a sound foundation for
successful baking.



A Section of the Test Kitchen

Under the control of a qualified Domestic Science and Home Economics Staff, the McAlpin Test Kitchen plays an important part in the interest of better baking.

This Centre established in 1939 has become today a recognized institution for the service it renders to all housewives.

Here each day's production is also tested under normal home baking conditions for the best oven results.

Demonstrations are conducted daily. Visits are arranged by appointment.

Information on Baking is freely made available to all enquiries.

To attend a demonstration or to obtain baking information, write or phone —

The McAlpin Test Kitchen

43 Charles St., Abbotsford, N.9 Phone JB 4521.

INDEX

BISCUITS

	Page
Almond Shortbread	11
Cheese & Caraway Seed	12
Cheese Butterflies	11
Cheese Sticks	10
Chocolate Almond Fingers	9
Chocolate Balls	58
Chocolate Chip Cookies	12
Coconut Orange Drops	9
Forcer Biscuits	13
French Biscuits	10
Gingernuts	8
Lemon Wafers	11
Mocha Cookies	12
Peanut Banana Biscuits	9
Raspberry Shortbread	10
Shah Biscuits	8
Shortbread	12
Shortbread Biscuits	8
Swiss Tarts	13
Wholemeal Biscuits	
Cornflake Drops	58
Health Wafers	13
Honey Crunchies	12
Nut Biscuits	8
Spice Crinkles	10

CAKES (SMALL)

Alphabet Cakes	59
Banana & Passion Fruit	17
Brandy Snaps	19
Brownies	16
Cherry & Nut Cakes	18
Chocolate Patty Cakes	14
Fairy Cakes	16
Lamington Cakes	18
Light Patty Cakes	14
Mushrooms	15
Orange Nut Patty Cakes	18
Queen Cakes	14
Raspberry Cakes	59
Rock Cakes	17
Sailing Ships	15
Sponge Kisses or Fingers	15
Wholemeal Cakes	
Fruity Cakes	19
Ginger Cakes	16
Knobly Bobs	18
Nutty Slices	14
Peanut Cakes	16

CAKES (LARGE)

Birthday Cake	25
Butter Sponge	22
Cherry & Nut Cake	27
Chocolate Cake	24
Chocolate Chiffon Cake	22
Chocolate Chip Cake	24
Christmas Cake	26

Page

Cinnamon Scroll Cake	25
Dixie Chocolate Cake	20
Dolly Varden Cake	22
Fruit Cake	25
Gingerbread	23
Mandarin Chiffon Cake	28
McAlpin's Sponge Sandwich	23
Meringue Sponge	60
Orange Cake	24
Orange Chiffon Cake	29
Passion Fruit Cake	24
Passion Fruit Chiffon Cake	28
Pavlova	29
Plain Cake	24
Rainbow Cake	20
Raspberry Layer Cake	27
Rose Cake	27
Seed Cake	24
Simnel Cake	1
Spice Cake	4
Sponge (2 Eggs)	6
Swiss Roll	26
Walnut Layer Cake	20
White Coffee Cake	20

Wholemeal Cakes

Date Cake	26
Date & Ginger Log	29
Fruit Coffee Cake	24
Mocha Cake	28

ICINGS, FILLINGS, etc.

Almond Paste	61
Butter Cream	63
Chocolate Butter Icing	61
Chocolate Soft Icing	61
Coffee Butter Cream	63
Cream Cheese Filling	63
Date Filling	63
Fondant Icing	61
Lemon Filling (1)	63
Lemon Filling (2)	63
Mock Cream Filling	63
Orange Frosting	61
Peanut Icing	61
Pink Frosting	63
Royal Icing	63
Snow Icing (boiled)	63
Snow Icing (uncooked)	63
Soft Icing	61

PASTRY

Apple Fleur	31
Banana or Fruit Puffs	31
Choux Pastry	31
Continental Roll	31
Cream Puffs	31
Fruit Meringue Flan	31
Honey Nut Pastry Rolls	31

	Page
Lemon Shortcake	33
Maids of Honour	34
Mince Pies	34
Pastry Case (unfilled)	32
Peanut Slices	34
Rough Puff Pastry	30
Shortbread Pastry	34
Short Pie Crust	30
Spice Short Pastry	32
Sweet Short Pastry	30

Wholemeal Pastry

Butterscotch Tart	35
Marshmallow Bars	35
Short Pastry	30

PUDDINGS

Apple or Fruit Sponge	38
Apple or Quince Pudding	40
Baked Alaska	37
Baked Banana Roll	40
Baked Chocolate Souffle	36
Baked Lemon Souffle	36
Baked Rhubarb Puffs	42
Berry Fluff	60
Caramel Pudding	38
Chocolate Pudding	38
Christmas Pudding	41
Coconut Pudding	38
Date Pudding	38
Devon Pudding	38
French Pancakes	40
Fruit Flummery	38
Fruit Fritters	43
Gingerbread Apple Ring	43
Ginger Pudding	38
Lemon or Jam Pancakes	42
Nougat Cream Ring	39
Plum Duff	40
Summer Dessert	36

Wholemeal Puddings

Chocolate Ice Cream Crunch	41
Date Pudding	37
Lemon Nut Dessert	42
Surprise Apple Pudding	36

SAUCES

Chocolate	64
Custard	64
Fruit	64
Hard	64
Jam	64
Sweet White	64

YEAST GOODS

Bread Rolls	51
Clover Leaf Rolls	51
Orange Bread	50
Yeast Buns	50
Yeast Cake	50

SAVOURIES & SAVOURY DISHES

	Page
Asparagus Sticks	44
Cheese Balls	46
Cheese Boats	45
Cheese Flap Jacks	58
Cheese High Casserole	47
Cheese Lillies	58
Cheese Rings	47
Cheese Straws	44
Eastern Puff Sausages	44
Egg & Bacon Pie	46
Fish in Batter	49
Pigs in Blankets	58
Pineapple & Ham Puffs	48
Pineapple or Tomato Splits	48
Sausage Puff	46
Savoury Loaf	49
Steak & Kidney Pudding	46
Tomato Cheese Pie	44

Wholemeal Savouries

Salmon Savouries	48
Savoury Tongue Squares	45

SCONES, LOAVES & TEA CAKES

Scones—	
Cheese	53
Drop (or Pikelets)	52
Fruit	52
Gem	52
Griddle	52
Plain	52
Banana & Orange Loaf	56
Butter Fingers	54
Daisy Tea Cake	57
Doughnuts	54
Fruit & Spice Fingers	54
Griddle Cake Rolls	56
Oatmeal Muffins	54
Tea Loaves	55

Wholemeal Scones & Loaves

Scones (Wholemeal)—	
Fruit	52
Plain	53
Apricot & Raisin Loaf	55
Frutti Loaf	56
Honey Nut Buns	56
Orange Twists	56
Tea Cake	57

COOKERY HINTS .. 6-7

OVEN TEMPERATURES .. 4

MEASURES .. 4

CHILDREN'S PARTY

BAKING .. 58-60

TEMPERATURE CHART

ELECTRIC OVENS

VERY SLOW	250-350°	Meringues, Brandy Snaps, etc.
SLOW or VERY MODERATE	350-400°	Sponge, Rich Fruit Cakes, Ginger Bread, Shortbreads, etc.
MODERATE	400-450°	Biscuits, Patty Cakes, Black Cakes, etc.
HOT	450-500°	Teacakes, Short Pastry, Cream Puffs, etc.
VERY HOT	500-550°	Scones, Puff Pastry, etc.

GAS OVENS

VERY SLOW	275-325°	Meringues, Brandy Snaps, etc.
SLOW or VERY MODERATE	325-375°	Sponge, Rich Fruit Cakes, Ginger Bread, Shortbreads, etc.
MODERATE	375-425°	Biscuits, Patty Cakes, Black Cakes, etc.
HOT	425-450°	Teacakes, Short Pastry, Cream Puffs, etc.
VERY HOT	450-475°	Scones, Puff Pastry, etc.

FUEL OVENS

Follow the temperature chart given for Gas Ovens when baking in a Fuel Oven, or in a Slow Combustion Stove.

Place an oven thermometer on the shelf on which you intend baking the goods to find the temperature of the oven. If a thermometer is not available, place a piece of white paper on the shelf. Look at it in 5 minutes and the color will indicate the approximate heat.

SLOW OR VERY MODERATE	Paper crisp but not colored
MODERATE	Paper very slightly colored
HOT	Paper golden-brown.
VERY HOT	Paper dark brown.

The temperature of the Slow Combustion Oven is regulated by raising or lowering the top covers. When the covers are down the oven is very hot; and the heat is reduced on lifting the covers and leaving them up during the baking; or the heat may be reduced by control switches attached to some Slow Combustion Cookers.

APPROXIMATE MEASURES

CAKE FLOUR (see Page 7)	1 1/4 teacups	4 oz
FLOUR, CORNFLOUR & ICING SUGAR	1 teacup	4 oz
	1 breakfastcup	6 oz
	2 level tablespoons	1 oz
SUGAR	1 teacup	6 oz
	1 breakfastcup	8 oz
	1 tablespoon (slightly rounded)	1 oz
GOLDEN SYRUP, HONEY & BUTTER	1 teacup (bare)	6 oz
	1 breakfastcup	8 oz
	1 level tablespoon	1 oz
CHEESE (GRATED)	2 tablespoons (slightly rounded)	1 oz
SULTANAS, CURRANTS, etc.	1 teacup	4 1/2 oz
	1 breakfastcup	6 oz
	2 level tablespoons	1 oz

LIQUIDS

4 Gills = 1 Pint	1/2 Pint = 10 Fluid oz
2 Gills = 1/2 Pint	1/4 Pint = 5 Fluid oz
1 Gill = 1/4 Pint or 6 Tablespoons	1 Breakfastcup = 10 Fluid oz
1 Pint = 20 Fluid oz.	1 Teacup = 5 Fluid oz



A Section of the Test Laboratory

The importance of quality control is so essential to food products.

The McAlpin Laboratory under the direction of a qualified chemist is designed and equipped to perform all chemical analysis necessary to maintain the highest standards.

Supplies of all ingredients must conform to definite specifications which are established in the Laboratory.

From initial formulations until the packets leave the modern production lines the whole process is under close laboratory supervision.

COOKERY HINTS

To obtain best results use the flour suggested in the recipe.

Flour should be sifted after weighing, as this gives added lightness to your mixture.

Use the measurement table on page (4) when gathering your ingredients. Accurate measuring is essential for successful results.

Dried or crystallised fruits should be washed and spread on papered tray, and allowed to stand overnight if possible.

When baking a rich Fruit Cake, hollow out the centre slightly. Cover cake with a sheet of thick paper for the first half of the baking. This will help it to rise evenly and prevent cracking on top.

When using the creaming method for mixing a cake batter, see that the eggs are slightly warm before beating them into the creamed fat and sugar. This will prevent separation of the mixture.

A Sponge is delicate and requires careful and accurate baking. It must be removed from the oven immediately it begins to leave the sides of the tin. If over-cooked it will shrink before taking from the oven, if under-cooked it will shrink after it is turned from the tin. If the oven is too slow the cake will be sticky, and if baked too quickly it will rise higher in the centre than the sides.

Choose the correct utensils for your work. Use a wooden spoon for creaming fat and sugar, mixing cake batter containing fat and for stirring sauces. Use a metal spoon for folding ingredients into mixtures which have been beaten, as Sponge Cake, Omelettes, Meringues. Use a spatula for mixing soft doughs, as Scones, Loaves, or for lifting goods on and off trays, and spreading fillings. Use a whisk for frothing liquids, as eggs and gelatine dishes. Use the hand for combining ingredients when very little liquid is required as Pastry, Shortbread, Biscuits, etc.

To Prepare Fat for Greasing Tins. — Melt 2 oz. pure dripping, lard or vegetable fat with 1 level tablespoon McAlpin's Enriched Plain Flour. Store in refrigerator or cool place until required. Melt over hot water and brush on tins.

Preparation of Cake Tins. — For cakes containing a small proportion of fat, grease and line the bottom with paper.

For cakes rich in fat and rich fruit cake mixtures line the sides and bottom with paper.

For sponge cakes grease the sandwich tins with prepared greasing fat. Do not paper the bottom.

Useful Hints on Steamed Puddings.

1. Steamed pudding mixture should $\frac{1}{2}$ - $\frac{3}{4}$ fill basin before cooking.
2. The greased paper must cover over the top of the basin. Press down with the hands.
3. If steaming pudding in a saucepan, place on a saucer in saucepan. See that the boiling water does not come more than 1 inch up the sides of the basin. The lid of the saucepan should fit tightly. Steam pudding gently so that the water does not evaporate and the pudding rises evenly. Too quick steaming causes the top of the pudding to crack badly.
4. If steaming pudding in a steamer on top of saucepan, have plenty of water in the saucepan and steam gently.
5. If steaming pudding in a Pressure Cooker, use the cooker as an ordinary saucepan, keeping the indicator weight off. Cook for two-thirds the time given in the recipe. To reduce the time use a shallow wide basin. There must be plenty of room for the pudding to swell without having it touch the steam vent.

Hints on Successful Scone Making.

1. It is most important to make a soft dough, a stiff dough gives a heavy scone.
2. Dough must be kneaded lightly, but not too much.
3. Place scones on tray in straight rows $\frac{1}{4}$ inch apart.
4. Glaze must thoroughly wet the top of the scone.
5. Oven must be very hot, as scones require to be cooked quickly to ensure lightness.

McAlpin's Aerophos Self-Raising Flour has a slow action until it comes in contact with heat, therefore goods may stand in a cool place for a time before baking.

McAlpin's Cream of Tartar Self-Raising Flour has a quick action, therefore handle mixture lightly and bake soon after it is prepared.

McAlpin's Hi-Ratio Self-Raising Cake Flour contains Cream of Tartar, therefore handle mixture lightly and bake soon after it is prepared. When measuring this flour with a cup, remember that, due to its lightness, $1\frac{1}{4}$ teacups equals 1 teacup of McAlpin's other flours.

McAlpin's "Procera" S.R. Wholemeal is 100% wholemeal. Use the recipes compiled specially for it in this book. The recipe will state when it is necessary to combine Self-Raising Flour or Plain Flour for very light mixtures.

In sieving McAlpin's "Procera" Wholemeal return the husk caught in sieve to the meal. A moist mixing gives a better result.

Cakes should be allowed to cool slightly before turning from tins to prevent breaking them.

Use McAlpin's "Procera" Wholemeal regularly and as fresh as possible to get the best flavour and food value from it.

McAlpin's Enriched Plain Flour. Use this flour for thickening gravies, sauces, etc., and for all goods risen with yeast.

BISCUITS

WHOLEMEAL NUT BISCUITS (As Illustrated)

4 oz. (1 teacup) McALPIN'S
"Procera" S.R. Wholemeal
Pinch of Salt
2 oz. Butter
3 oz. Sugar

1/2 teaspoon Cinnamon
1/2 cup chopped Almonds, Walnuts
or Peanuts
1 dessertspoon Coffee Essence
1 small Egg

Melt butter, brown slightly. Mix in sugar, cool slightly. Add beaten egg and coffee essence. Mix in wholemeal, salt, cinnamon and chopped nuts. Place on a greased tray in teaspoonfuls allowing space for the biscuit to run out. **Bake in a moderate oven 10 to 15 minutes.** Lift from the tray while hot, and store in an airtight jar when cold.

SHAH BISCUITS

6 oz. (1 1/2 teacups) McALPIN'S S.R.
Flour
6 oz. (1 1/2 teacups) McALPIN'S
Enriched Plain Flour
1/2 Teaspoon Salt
2 teaspoons ground Ginger

1/4 teaspoon Bicarbonate of Soda
2 tablespoons Golden Syrup
1 Egg
6 oz. Butter
3 oz. Castor Sugar

Sift flour, soda, salt and ginger. Cream butter, sugar and golden syrup, beat in egg. Mix in sifted ingredients. Cool in refrigerator. Roll out thinly, cut into biscuits, place on greased tray, prick with a fork and **bake in a very moderate oven 10 to 15 minutes.**

SHORTBREAD BISCUITS

4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour
2 oz. Rice Flour

1/4 teaspoon Salt
4 oz. Butter
2 oz. Castor Sugar

Sift flour, salt and rice flour, rub in butter, add sugar. Knead into a smooth dough. Cool in refrigerator, and roll out thinly on a sugared board. Cut into shapes. Place on a greased tray. **Bake in a moderate oven 15 to 20 minutes until slightly colored.**

GINGERNUTS (Economical)

8 oz. (2 1/2 teacups) McALPIN'S S.R.
Cake Flour
1/4 teaspoon Salt
3/4 level teaspoon Bicarb. Soda
2 level teaspoons Ground Ginger
1 level teaspoon Mixed Spice

3 oz. Brown Sugar
3 oz. Butter, Margarine or
Dripping
3 tablespoons Golden Syrup
2 tablespoons Milk

Sift flour, ginger, salt and mixed spice. Melt margarine in a saucepan, add the sugar and syrup, stir over low heat until the sugar is dissolved. Cool. Blend the soda in the milk. Add a little of the sifted ingredients to those in saucepan and mix well. Stir in the milk and remaining sifted ingredients, beating the mixture to a firm dough. Roll into balls the size of a large walnut. Place on a greased tray. Make a slight hollow in each ball with the finger. Fill the hollow with chopped nuts. **Bake in a very moderate oven 10 to 15 minutes.**



CHOCOLATE ALMOND FINGERS (As Illustrated)

4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour
Pinch of Salt
1 oz. ground Rice

2 oz. ground Almonds
4 oz. Butter
1½ oz. Castor Sugar

Sift flour, salt and ground rice. Cream butter and sugar slightly, then work in sifted ingredients and ground almonds. Roll small pieces of the mixture into finger shapes using a very little flour. Place on oven tray lined with paper. **Bake in a slow oven 25 to 30 minutes.** When cold dip in melted chocolate.

PEANUT BANANA BISCUITS (As Illustrated)

4 oz. (1 teacup) McALPIN'S S.R.
Flour
2 oz. (½ teacup) McALPIN'S
Enriched Plain Flour
½ teaspoon Salt

3 oz. Butter or Margarine
2 oz. Castor Sugar
1 Banana
1 tablespoon Peanut Butter
1 Egg

Sift flour and salt, rub in butter or margarine, add sugar. Mix into a firm dough with mashed banana, peanut butter and beaten egg. Cool in refrigerator for 1 hour. Roll out thinly on a floured board, cut into shapes. Place on greased tray, prick with a fork. **Bake in a very moderate oven 10 to 15 minutes.**

COCONUT ORANGE DROPS (As Illustrated)

Chocolate Chip Cookie Mixture (page 12).

Omit chocolate chips. Blend in ¼ cup coconut and grated rind of 1 orange. Roll balls of mixture in coconut and place on tray. **Bake in the same way as Chocolate Chip Cookies.**

FRENCH BISCUITS

- | | |
|-----------------------------------|------------------|
| 4 oz. (1¼ teacups) McALPIN'S S.R. | Pinch of Salt |
| Cake Flour | 2 Eggs |
| 4 oz. Castor Sugar | 1 oz. Mixed Peel |

Sift flour and salt. Separate whites and yolks of eggs. Beat whites very stiffly, beat in sugar gradually, then yolks and mixed peel cut very finely. Lastly beat in flour slowly. Drop with a teaspoon on to a greased paper lined tray. Sift castor sugar over the biscuits. **Bake in a very moderate oven until a pale gold colour about 15 minutes.** Turn the paper on table with biscuits down. Brush over with water then peel biscuits off paper. Place on wire to cool and become crisp. If biscuits seem slightly moist, place in oven while it is cooling for a few minutes.

RASPBERRY SHORTBREAD

THE SHORTBREAD:

- 6 oz. (1½ teacups) McALPIN'S S.R.
Cake Flour
Pinch of Salt
3 oz. Castor Sugar
3 oz. Butter or Margarine
2 Egg Yolks
1 tablespoon Water

THE TOPPING:

- 2 tablespoons Raspberry Jam
3 oz. Castor Sugar
2 Egg Whites
1 Cup Coconut

Sift flour and salt, rub in butter or margarine, add sugar. Mix into a firm dough with egg yolks and water. Roll pastry into a sheet about ¼ inch thick. Place on greased tray. Spread with raspberry jam. Whip egg whites stiffly, fold in castor sugar and coconut. Spread over pastry. **Bake in a moderate oven 20 to 25 minutes.** Cut into slices when nearly cold.

WHOLEMEAL SPICE CRINKLES

- 6 oz. (1½ teacups) McALPIN'S
"Procera" S.R. Wholemeal
¼ teaspoon Salt
¼ teaspoon Bicarbonate of Soda
1 teaspoon Cinnamon
½ teaspoon Mixed Spice

- ¼ teaspoon grated Nutmeg
2 oz. Butter or Margarine
2 oz. Brown Sugar
1 tablespoon Treacle or Honey
1 Egg

Mix wholemeal, salt, soda, cinnamon, spice and grated nutmeg. Cream butter or margarine with sugar and treacle or honey, beat in egg. Mix in dry ingredients. Cool until firm. Roll into balls. Dip the tops in sugar. Place with sugar sides up on greased tray, allowing space for spreading. Cover cookies with a wet cloth and press lightly. Remove cloth and **bake in a very moderate oven 10 to 15 minutes.**

CHEESE STICKS

- | | |
|-----------------------------------|---------------------------|
| 4 oz. (1¼ teacups) McALPIN'S S.R. | 3 oz. Butter or Margarine |
| Cake Flour | 4 oz. grated moist Cheese |
| ¼ teaspoon Salt | |

Sift flour and salt. Cream butter or margarine and cheese. Mix in sifted ingredients, working well to make a smooth mixture. Force through a biscuit forcer making rough sticks. If a forcer is not available, the mixture can be cooled, then rolled out and biscuits cut with a knife. **Bake in a very moderate oven 15 to 20 minutes until a golden brown.**



CHEESE BUTTERFLIES (As Illustrated)

1 quantity Cheese Straw Mixture
(page 44)

Cream Cheese Filling (Page 63)
3 Gherkins

Prepare cheese straw mixture. Roll out $\frac{1}{4}$ inch thickness. Cut into small round biscuits. Place $\frac{1}{2}$ the biscuits on a greased tray. Cut remaining biscuits across the centre and place on tray. **Bake in a very moderate oven 12 to 15 minutes.** When required, pipe a rose of cream cheese filling on the round biscuits and stick the half biscuits up to form the wings of the butterflies. Decorate with the gherkin cut into sticks to represent feelers.

LEMON WAFERS

8 oz. ($2\frac{1}{2}$ teacups) McALPIN'S S.R.
Cake Flour
 $\frac{1}{4}$ teaspoon Salt
4 oz. Butter or Margarine

4 oz. Castor Sugar
Grated rind $\frac{1}{2}$ Lemon
2 level tablespoons Honey
1 Egg

Sift flour and salt. Cream butter or margarine, sugar, honey and lemon rind, beat in egg. Mix in sifted ingredients. Roll into balls, place on greased tray allowing space for spreading. **Bake in a very moderate oven 10 to 12 minutes.**

ALMOND SHORTBREAD

1 quantity Shortbread Biscuit
Mixture (page 8)

2 ozs. Almonds

Prepare shortbread mixture adding 1 oz. of almonds chopped small. Roll out $\frac{1}{4}$ inch in thickness. Cut into rounds, decorate with almonds. Place on a papered tray and **bake in a very moderate oven 25-30 minutes.**

SHORTBREAD

4 oz. (1 teacup) McALPIN'S S.R. Flour	Pinch of Salt
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	5 oz. Butter
	3 oz. Castor Sugar
	Blanched Almonds

Sift flour and salt. Cream the butter and sugar slightly, add sifted ingredients and work into a dough. Divide into four. Pat each piece into a round $\frac{1}{2}$ inch in thickness. Crimp the edge with the fingers and mark into six equal parts. Prick with a fork. Place an almond on each part. Bake on an ungreased tray in a moderate oven 25 to 30 minutes.

CHEESE & CARAWAY SEED BISCUITS

4 oz. (1 teacup) McALPIN'S S.R. Flour	2 oz. Butter
1 teaspoon Salt	2 oz. grated Cheese
$\frac{1}{4}$ teaspoon Cayenne Pepper	Squeeze Lemon Juice
1 dessertspoon Caraway Seeds	1 Egg Yolk
	1 dessertspoon Water

Sift flour, salt and cayenne. Rub in butter, add grated cheese and caraway seeds. Mix into a firm dough with egg yolk, water and lemon juice. Roll out thinly. Cut into small biscuits. Place on greased tray. Prick well, brush with white of egg and sprinkle with grated cheese. Bake in a very moderate oven 10 to 15 minutes. For Plain Cheese Biscuits omit Caraway Seeds.

WHOLEMEAL HONEY CRUNCHIES

6 oz. ($1\frac{1}{2}$ teacups) McALPIN'S "Procera" S.R. Wholemeal	3 oz. Butter or Margarine
1 teaspoon Cinnamon	2 oz. Castor Sugar
$\frac{1}{4}$ teaspoon Salt	1 tablespoon Honey
$\frac{1}{2}$ teaspoon Mixed Spice	1 Egg
	Cornflakes

Mix wholemeal, salt, cinnamon and mixed spice. Cream butter or margarine, sugar and honey, beat in egg. Mix in dry ingredients. Cool in refrigerator. Roll mixture on floured board to $\frac{1}{8}$ inch in thickness. Cut into round biscuits with a fluted cutter. Place on greased tray, glaze with egg and milk and sprinkle with cornflakes. Bake in a very moderate oven 10 to 15 minutes.

CHOCOLATE CHIP COOKIES

4 oz. (1 teacup) McALPIN'S S.R. Flour	3 oz. Brown Sugar
2 oz. ($\frac{1}{2}$ teacup) McALPIN'S Enriched Plain Flour	1 Egg
$\frac{1}{4}$ teaspoon Salt	2 tablespoons Milk
3 oz. Butter or Margarine	$\frac{1}{4}$ teaspoon Vanilla Essence
	2 oz. coarsely grated Chocolate

Sift flour and salt. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients alternately with milk and essence. Lastly stir in the chocolate chips. Cool. Roll into balls, place on greased tray allowing space for spreading. Bake in a moderate oven 10-15 minutes.

MOCHA COOKIES

Chocolate Chip Cookie Mixture (see above). Omit the chocolate and add 1 dessertspoon Coffee Essence and 1 oz. chopped Walnuts.

MIXTURE FOR BISCUIT FORCER

- | | |
|--|--|
| 2 oz. ($\frac{1}{2}$ teacup) McALPIN'S S.R. Flour | 4 oz. Butter |
| 6 oz. ($1\frac{1}{2}$ teacups) McALPIN'S Enriched Plain Flour | 4 oz. Castor Sugar |
| $\frac{1}{4}$ teaspoon Salt | 1 Egg |
| | $\frac{1}{2}$ teaspoon Vanilla Essence |

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in essence and sifted ingredients. Pipe while warm through a biscuit forcer on to a greased tray. **Bake in a very moderate oven 15 to 20 minutes.**

WHOLEMEAL HEALTH WAFERS

- | | |
|--|-----------------------------|
| 4 oz. (1 teacup) McALPIN'S "Procera" S.R. Wholemeal | $\frac{1}{4}$ teaspoon Salt |
| 2 oz. ($\frac{1}{2}$ teacup) McALPIN'S Enriched Plain Flour | 1 oz. Sugar |
| $\frac{1}{2}$ cup Wheat Germ | 4 oz. Butter |
| | 1 small Egg |

Mix wholemeal, flour, wheat germ, sugar and salt. Rub in butter, mix into a firm dough with egg. Roll out thinly, prick well and cut into oblong biscuits. Place on greased tray. **Bake in very moderate oven 10 to 15 mins.** Suitable for buttering.

SWISS TARTS

- | | |
|---|--------------------------|
| 4 oz. (1 teacup) McALPIN'S Enriched Plain Flour | 4 oz. Butter |
| Pinch of Salt | 1 oz. sifted Icing Sugar |
| | 1 oz. Candied Cherries |

Sift flour and salt. Soften butter, add sugar and sifted ingredients, work into a smooth dough. Place mixture in a forcing bag with a fancy tube and pipe it into small paper cases. Decorate the tarts with cherries. **Bake in a very moderate oven 15 to 20 minutes.** Dust with icing sugar while still warm.

CAKES (Small)

CHOCOLATE PATTY CAKES

- | | |
|-----------------------------------|----------------------------|
| 4 oz. (1¼ teacups) McALPIN'S S.R. | 2 oz. Butter or Margarine |
| Cake Flour | 1 Egg |
| 4 oz. Castor Sugar | 4 tablespoons Milk |
| ¼ teaspoon Salt | 1 oz. grated Chocolate |
| 1 dessertspoon Cocoa | ½ teaspoon Vanilla Essence |

Sift flour, sugar, cocoa and salt, add grated chocolate. Chop or beat in softened butter or margarine. Beat into a smooth batter with 3 tablespoons milk. Add egg, 1 tablespoon milk and vanilla essence, beat with a wooden spoon or electric mixer on medium speed for 2 minutes. Half fill paper patty cases or greased patty tins using a dessertspoon. **Bake in a moderate oven 15 to 20 minutes.** Ice with Chocolate Soft Icing (page 61).

NUTTY WHOLEMEAL SLICES

- | | |
|-----------------------------|-----------------------|
| 8 oz. (2 teacups) McALPIN'S | 4 tablespoons Milk |
| "Procera" S.R. Wholemeal | 1 tablespoon Honey |
| ¼ teaspoon Salt | 2 Eggs |
| 1 teaspoon Cinnamon | 1 teacup Mixed Fruit |
| 4 oz. Butter or Margarine | 1 oz. chopped Walnuts |
| 2 oz. Sugar | |

Mix wholemeal, salt and cinnamon. Cream butter or margarine, sugar and honey, beat in eggs gradually. Mix in dry ingredients alternately with milk. Lastly mix in fruit. Place in 8½-inch greased tin lined on bottom with paper. Sprinkle with walnuts, cinnamon and sugar. **Bake in a moderate oven 30 to 35 minutes.**

LIGHT PATTY CAKES

- | | |
|----------------------------------|--------------------------|
| 8 oz. (2 teacups) McALPIN'S S.R. | 6 oz. Castor Sugar |
| Flour | 3 Eggs |
| Pinch of Salt | 4 tablespoons Milk |
| 3 oz. Butter or Margarine | Lemon or Vanilla Essence |

Sift flour and salt. Cream butter or margarine and sugar, beat eggs in gradually. Mix in sifted ingredients alternately with milk and essence. Place in well greased patty tins. **Bake in moderate oven 15 to 20 minutes.** Any flavour may be added to this mixture to vary the little cakes. This makes 2 dozen cakes.

QUEEN CAKES

- | | |
|-----------------------------------|--------------------------|
| 5 oz. (1¼ teacups) McALPIN'S S.R. | 2 Eggs |
| Flour | 2 tablespoons Milk |
| 3 oz. Butter | Pinch of Salt |
| 3 oz. Sugar | Lemon or Vanilla Essence |

Sift flour and salt. Cream butter and sugar, beat eggs in gradually. Add essence, then add sifted ingredients alternately with milk. Currants (2 oz.) may be added if liked. Place in greased patty tins and **bake in moderately hot oven 12 to 15 minutes.** This makes 1½ to 2 dozen cakes.



SAILING SHIPS (As Illustrated)

3 oz. (1 small teacup) McALPIN'S
S.R. Cake Flour
Pinch of Salt
3 oz. Castor Sugar

2 Eggs
1 dessertspoon Hot Water
1 dessertspoon Butter

Sift flour and salt. Separate whites and yolks of eggs. Beat whites stiffly, then gradually beat in sugar. Add egg yolks and beat until thick. Sift in flour, fold in lightly. Lastly fold in hot water and butter melted. Place in greased boat-shaped tins. **Bake in a moderate oven 8 to 10 minutes.** When cold pipe tops of cakes with cream and stick a chocolate sail in each.

MUSHROOMS (As Illustrated)

1 quantity Sailing Ships Mixture (see above)

Prepare sponge mixture from "Sailing Ships" recipe. Place mixture in greased flat patty tins. **Bake in a moderate oven 6 to 8 minutes.** When cold cover flat side of cakes with Butter Cream (page 63) colored pale pink. Mark with a fork and dust with cocoa. Stick an almond in each cake for the stem.

SPONGE KISSES OR FINGERS

1 quantity Sailing Ships Mixture (see above) Castor Sugar

Prepare sponge mixture, pipe through a plain savoy tube into rounds on a tray lined with kitchen paper, sieve castor sugar over and **bake in a moderate oven 6 to 8 minutes.** Turn paper over on table, brush with cold water and the kisses will peel off. Put together with Lemon Filling (1) (page 63).

For Sponge Fingers pipe the mixture into finger shapes.

Nothing so
they're made
ing needed. Truly
things with Copha.
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indefinitely. And while
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THE SAME VEGETABLE SHORTENING THAT
MAKES SUCH DIGESTIBLE STEAM PUDDINGS

CHOCOLATE CRACKLES

(NO COOKING NEEDED)

- 5 ozs. Rice Bubbles (4 cups)
- 2 1/2 ozs. Cocoa (3 tablespoons)
- 2 1/2 ozs. Fine Caramel (1 cup)
- 8 ozs. Iceing Sugar, 8 ozs. COPHA.

Mix dry ingredients, melt COPHA and pour over
them. Thoroughly mix and spoon into paper cup
molds from 2 1/2 to 3 dozen.

Just cut and
savour to perfection

raisins
water 8
fire, the
jam at
Coco
egg v
cup o
almond

LEMON WHIP WITH GINGER SAUCE

One level dessert-
spoon gelatine, three oz.
sugar, pinch salt, two-
thirds cup cold water, one
teaspoon grated lemon
rind, one tablespoon
lemon juice, two egg
whites, fresh berries or
other fruit to garnish.

GINGER SAUCE:

One whole egg, two egg
whites, one tablespoon
sugar, one and a half
cups scalded milk, three
dessertspoons chopped
cooked ginger, half tea-
spoon vanilla essence.

* PREPARATION

TIME: 35 min.

In a saucepan, com-
bine the gelatine, sugar,
salt and half the cold
water. Stir over a gentle
heat until the gelatine is
dissolved.

Remove from the heat
and add remaining water,
lemon rind and juice.
Chill until partially set.

Turn into a large bowl
and add the egg whites.
Beat at high speed until
the mixture begins to
hold its shape. Spoon into
serving moulds and chill
and set. Unmould and
serve with ginger sauce
and a fruit garnish.

For the sauce, beat egg
and egg yolks together
with the sugar and grad-
ually blend in the milk.
Place in the top of a
double saucepan and
cook over simmering
water, stirring until it
thickens to coat the back
of the stirring spoon.

Strain into a bowl im-
mediately. Blend in the
ginger and vanilla and
cool, stirring occa-
sionally. Chill. Serves four.

FAIRY CAKES

4 oz. (1¼ teacups) McALPIN'S S.R.
Cake Flour
Pinch of Salt
4 oz. Butter

4 oz. Castor Sugar
2 level tablespoons Ground Rice
3 Eggs
Lemon Filling No. 1 (page 63)

Sift flour, salt and ground rice. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients. Place mixture in greased patty tins using a dessertspoon. **Bake in a moderate oven 12 to 15 minutes.** When cold cut a round from the top of each cake, fill with lemon filling, replace round and dust with icing sugar.

WHOLEMEAL GINGER CAKES

4 oz. (1 teacup) McALPIN'S
"Procera" S.R. Wholemeal
Pinch of Salt
2 oz. Butter or Margarine
2 oz. Brown Sugar
1 teaspoon Cinnamon

1 dessertspoon Ground Ginger
1 tablespoon Golden Syrup
2 Eggs
2 tablespoons Milk
1 oz. Preserved Ginger

Melt butter or margarine, add golden syrup and sugar. Stir until sugar is dissolved. Cool. Add beaten eggs and milk. Mix wholemeal, salt and spices, add to moist ingredients and mix well. Put out with a dessertspoon into greased patty tins. Place a piece of ginger on each and **bake in a moderate oven 15 to 20 minutes.** The cakes may be baked plain without the ginger, iced with lemon flavoured Soft Icing (page 61) and the ginger placed on top.

BROWNIES

4 oz. (1¼ teacups) McALPIN'S S.R.
Cake Flour
¼ teaspoon Salt
2 Eggs

3 oz. Castor Sugar
1 tablespoon Treacle
1 oz. Butter
1 oz. chopped Walnuts

Sift flour and salt. Beat eggs slightly, add sugar and treacle and beat until mixture is thick. Sift in flour and salt, fold in lightly with a tablespoon. Lastly fold in the melted butter. Place mixture in 24 greased patty tins. Sprinkle with chopped walnuts and **bake in a moderate oven 10-15 minutes.**

WHOLEMEAL PEANUT CAKES

6 oz. (1½ teacups) McALPIN'S
"Procera" S.R. Wholemeal
¼ teaspoon Salt
3 oz. Butter or Margarine
4 oz. Sugar

1 tablespoon Peanut Butter
1 Egg
5 tablespoons Milk
½ teaspoon Vanilla Essence

Mix wholemeal and salt. Cream butter or margarine, sugar and peanut butter, beat in egg. Mix in dry ingredients alternately with milk and essence. Place in small greased patty tins. **Bake in moderately hot oven about 15 minutes.** When cool ice the tops with Peanut Icing (page 61). This makes 1½ dozen cakes.



BANANA & PASSION FRUIT CAKES (As Illustrated)

5 oz. (1½ teacups) McALPIN'S S.R.	2 Eggs
Cake Flour	2 small Bananas
Pinch of Salt	2 Passion Fruit
2 oz. Butter or Margarine	1½ tablespoons Milk
4 oz. Castor Sugar	

Sift flour and salt. Cream butter or margarine and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with milk. Lastly stir in one mashed banana and the pulp of one passion fruit. Half fill paper cases or greased patty tins. **Bake in a moderate oven 15 to 20 minutes.** When cold ice with Passion Fruit Icing. Cut a round from the top of each cake and fill with mashed banana and whipped cream. Replace round cut from top.

PASSION FRUIT ICING

Blend 4 oz. sifted icing sugar with pulp of remaining passion fruit, adding water to make a spreading consistency.

ROCK CAKES

8 oz. (2 teacups) McALPIN'S S.R.	½ teaspoon Cinnamon
Flour	¼ teaspoon Nutmeg
¼ teaspoon Salt	1 cup Mixed Fruit
4 oz. Sugar	1 large Egg
4 oz. Butter, Margarine or Dripping	1 to 2 tablespoons Milk

Sift flour, salt and spices. Rub in butter, margarine or dripping, add sugar and fruit. Mix with the hand into a firm dough with beaten egg and milk. Put on greased tray using a dessertspoon. **Bake in a moderately hot oven 15-18 minutes.**

CHERRY & NUT CAKES

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|---|---------------------------|
| 6 oz. (1½ teacups) McALPIN'S S.R. Flour | 4 oz. Sugar |
| 2 oz. (½ teacup) McALPIN'S Enriched Plain Flour | 3 tablespoons Milk |
| Pinch of Salt | 2 Eggs |
| 4 oz. Butter | ¼ teaspoon Almond Essence |
| 1 oz. Cherries | Cochineal |
| | 1 oz. chopped Almonds |

Sift flour and salt. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with milk, essence and cochineal. Lastly mix in the cherries and almonds which should be cut small. Place in greased tins. **Bake in a moderately hot oven 12 to 15 minutes.** When cold ice with Soft Icing (page 61) colored pink and decorate with cherries and almonds. This makes 2 dozen cakes.

WHOLEMEAL KNOBLY BOBS

- | | |
|--|-----------------------|
| 8 oz. (2 teacups) McALPIN'S "Procera" S.R. Wholemeal | 1 Egg |
| ¼ teaspoon Salt | 2 tablespoons Treacle |
| ½ teaspoon Mixed Spice | 2 tablespoons Milk |
| 3 oz. Butter or Margarine | 1 cup Mixed Fruit |
| 3 oz. Brown Sugar | ½ cup chopped Walnuts |

Mix wholemeal, salt and spice, rub in butter or margarine, add brown sugar, mixed fruits and nuts. Mix into a dough with egg, treacle and milk. Half fill greased patty tins or place on greased tray in dessertspoonfuls. **Bake in a moderate oven 15 to 20 minutes.**

LAMINGTON CAKES

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|--|-----------------------------|
| 8 oz. (2 teacups) McALPIN'S S.R. Flour | ¼ pint (6 tablespoons) Milk |
| 6 oz. Sugar | Lemon or Vanilla Essence |
| 4 oz. Butter | Pinch of Salt |
| 3 Eggs | Coconut |

Sift flour and salt. Cream butter and sugar, add eggs one at a time, beating well. Mix in sifted ingredients alternately with milk and essence. **Bake in a greased Lamington tin in moderate oven 30 to 35 minutes.** When cold cut into 24 even squares. Dip in Chocolate Soft Icing (page 61), drain on a wire and roll in coconut just before the icing sets.

ORANGE NUT PATTY CAKES

- | | |
|--|-----------------------------|
| 4 oz. (1¼ teacups) McALPIN'S S.R. Cake Flour | 1 Egg |
| Pinch of Salt | 1 dessertspoon Orange Juice |
| 2 oz. Butter or Margarine | Grated rind ½ Orange |
| 1 dessertspoon Honey | 1 tablespoon Milk |
| 2 oz. Castor Sugar | 1 oz. chopped Nuts |

Sift flour and salt. Cream butter or margarine, honey and sugar, beat in egg. Mix in sifted ingredients alternately with milk and lastly orange juice and rind. Half fill deep greased patty tins with the mixture. **Bake in a moderate oven 10 to 15 minutes.** Spread tops with very little honey and dip in chopped nuts.



BRANDY SNAPS (As Illustrated)

3 oz. ($\frac{3}{4}$ teacup) McALPIN'S
Enriched Plain Flour
 $\frac{1}{4}$ teaspoon Salt
3 oz. Butter
3 oz. Castor Sugar

3 oz. Golden Syrup
1 teaspoon Brandy or Vanilla
Essence
1 teaspoon Ground Ginger
1 teaspoon grated Lemon Rind

Sift flour, salt and spice. Melt butter and syrup together, add sugar, grated lemon rind and vanilla or brandy. Mix in sifted ingredients. Drop the mixture in $\frac{1}{2}$ teaspoonfuls on to a greased tray allowing space for the snaps to run out flat. **Bake in a very moderate oven 10 to 15 minutes.** Roll while hot round a greased wooden spoon handle or shape into a cone with the fingers. Store in an air tight container. Fill with whipped cream when required.

WHOLEMEAL FRUITY CAKES

8 oz. (2 teacups) McALPIN'S
"Procera" S.R. Wholemeal
Pinch of Salt
3 oz. Butter or Margarine
4 oz. Sugar

1 Egg
 $\frac{1}{4}$ pint plus 2 tablespoons Milk
4 oz. Mixed Fruit
 $\frac{1}{2}$ teaspoon Cinnamon
 $\frac{1}{2}$ teaspoon Mixed Spice

Mix wholemeal, salt, cinnamon and spice. Cream butter or margarine and sugar, add egg and beat well. Mix in the dry ingredients alternately with milk. Add the fruit and mix in lightly. Place in greased patty tins and put a piece of candied peel on each. Allow to stand for 10 minutes. **Bake in a moderate oven 15 minutes.** This makes 2 dozen cakes.

CAKES (Large)

RAINBOW CAKE

10 oz. (3 teacups) McALPIN'S S.R.

Cake Flour

1/4 teaspoon Salt

5 oz. Butter

8 oz. Castor Sugar

3 Eggs

1/4 pint plus 1 tablespoon Milk

Essence Lemon and Vanilla

1 oz. Chocolate

Cochineal

Sift flour, salt and sugar. Soften butter, chop or beat into sifted ingredients. Add eggs and milk, beat 2 minutes with a wooden spoon or electric mixer on medium speed. Divide mixture into 3 parts.

No. 1. Flavour with essence of lemon. No coloring to be added.

No. 2. Color with cochineal.

No. 3. Color with chocolate (grated and melted), flavour with vanilla.

Place mixtures in 3 separate greased 7 inch tins lined on bottom with paper. **Bake in a moderate oven 25 to 30 minutes.** When cool put together with jam, mock cream or whipped cream, having the brown cake on the bottom and yellow cake on top. Ice with Soft Icing (page 61) colored pale pink and decorate with cherries and angelica.

WHITE COFFEE CAKE

9 oz. (2 1/2 teacups) McALPIN'S S.R.

Cake Flour

1/2 level teaspoon Salt

8 oz. Castor Sugar

Few drops Essence Lemon and Vanilla

3 oz. Butter or Margarine

2 Eggs

1/4 pint Milk

Sift flour, salt and sugar. Warm and beat butter or margarine to soften. Sift in dry ingredients. Add 3/4 of the milk, mix and beat 2 minutes. Add eggs and remaining milk, beat 1 minute. Use a wooden spoon to hand beat or use an electric mixer on slow speed. Turn into an 8 inch greased tin lined on the bottom with paper. **Bake in a very moderate oven 45 to 55 minutes.** When cold cover top with Soft Icing (page 61) and sprinkle with chopped and browned almonds.

DIXIE CHOCOLATE CAKE

6 oz. (1 3/4 teacups) McALPIN'S S.R.

Cake Flour

1/4 teaspoon Salt

4 oz. Butter or Margarine

6 oz. Soft Brown Sugar

2 Eggs

2 oz. dark Chocolate

1/4 teaspoon ground Nutmeg

1/4 teaspoon Spice

1/4 teaspoon Cinnamon

1/4 pint Milk

1 tablespoon Mixed Peel

Sift flour, salt and spices. Melt chocolate, and cut mixed peel very small. Cream butter or margarine and sugar, beat in eggs gradually then beat in chocolate. Mix in sifted ingredients alternately with milk. Lastly, stir in mixed peel. Place in a 6 inch greased tin lined on bottom with paper. **Bake in a moderate oven 40 to 45 minutes.** When cold cover the top with Chocolate Soft Icing (page 61) and decorate with nuts.



SIMNEL CAKE (As Illustrated)

- | | |
|---|------------------|
| 2 oz. ($\frac{1}{2}$ teacup) McALPIN'S S.R.
Flour | 4 Eggs |
| 7 oz. ($1\frac{3}{4}$ teacups) McALPIN'S
Enriched Plain Flour | 8 oz. Sultanas |
| $\frac{1}{2}$ teaspoon Salt | 8 oz. Raisins |
| 8 oz. Butter or Margarine | 8 oz. Currants |
| 8 oz. pale Brown Sugar | 4 oz. Mixed Peel |

Sift flour and salt. Cream butter and sugar well, add eggs one at a time, beat well. Add sifted flour and fruit alternately. Place half the mixture in an 8 inch tin that has been well lined with paper. Spread over it half the following almond paste:

ALMOND PASTE

- | | |
|--------------------|-------------|
| 6 oz. Almond Meal | 1 small Egg |
| 6 oz. Castor Sugar | |

Mix ingredients in a saucepan then stir over heat making a paste. Allow to cool.

Place the remaining cake mixture in the tin. Smooth the top and **bake in a very moderate oven $2\frac{1}{4}$ to $2\frac{1}{2}$ hours.** When cold, brush the top of the cake with white of egg or jam, and cover it with the remaining almond paste. Rough up the edge with a fork and brown under the griller or in a hot oven for a few minutes. Decorate with crystallised fruits.

BUTTER SPONGE

8 oz. (2 teacups) McALPIN'S S.R.

Flour

Pinch of Salt

4 oz. Butter

6 oz. Castor Sugar

3 eggs

6 tablespoons Milk

1/4 teaspoon Lemon or Vanilla
Essence

Sift flour and salt. Beat butter and sugar to a cream. Beat eggs and add them gradually to the creamed mixture. Mix in the sifted flour alternately with the milk and essence. Turn into two 7½ inch sandwich tins greased and lined on the bottom with paper. **Bake in a moderate oven 20 to 25 minutes.**

RASPBERRY LAYER CAKE

Butter Sponge (see above)

Raspberry Jam

Cochineal

Pink Frosting (page 62)

Prepare butter sponge coloring it pale pink. Split each cake in halves and put together with raspberry jam. Cover sides of cake with pink frosting, sprinkle with coconut. Cover the top with remaining frosting and fluff up with a knife.

WALNUT LAYER CAKE

Butter Sponge (see above)

1 dessertspoon Coffee Essence

2 oz. Walnuts

Coffee Butter Cream (page 63)

Prepare butter sponge flavouring it with coffee essence. Split each cake in halves and put together with coffee butter cream. Spread sides with the butter cream and roll in chopped walnuts. Cover top with remaining cream and decorate with walnut halves.

DOLLY VARDEN CAKE

Butter Sponge (see above)

1 tablespoon Golden Syrup

1/2 cup chopped Raisins

1/2 cup Currants

1 1/2 teaspoons Cinnamon

1 teaspoon Spice

Prepare butter sponge mixture. Grease two 7½ inch sandwich tins and line the bottom with paper. Place half the mixture in one tin. Mix the golden syrup, raisins, currants and spices into the remaining mixture, place in prepared tin. **Bake in a moderate oven 20 to 25 minutes.** When cold join together with jam, placing the light half on top. Ice with Butter Cream (page 63) and decorate with walnuts.

CHOCOLATE CHIFFON CAKE

3 oz. (1 small teacup) McALPIN'S

S.R. Cake Flour

1/4 teaspoon Salt

1 level tablespoon Cocoa

3 oz. Castor Sugar

2 Eggs

2 tablespoons Maize Oil

3 1/2 tablespoons Water

1 teaspoon Coffee Essence

1/4 teaspoon Vanilla Essence

Pinch of Cream of Tartar

Sift flour, salt, cocoa and sugar three times. Whip whites of eggs stiffly with cream of tartar. Mix the sifted ingredients into a batter with the water, oil, essences and egg yolks. Fold this batter into the egg whites very lightly. Pour into an ungreased tin. **Bake in a moderate oven 25 to 30 minutes.** Turn over and allow cake to hang in the tin until cold. Loosen cake from sides of tin with a knife. Tap tin sharply to release cake. Ice with Chocolate Butter Icing (page 61).



McALPIN'S SPONGE SANDWICH (As Illustrated)

4½ oz. McALPIN'S S.R. Cake Flour	4½ oz. Castor Sugar
Pinch of Salt	3 or 4 Eggs
	1 or 2 tablespoons Hot Milk

Sift flour and salt. Separate whites and yolks of eggs. Place whites in a warm dry basin with a pinch of salt. Beat until very stiff but still shiny, then beat yolks in lightly. Add sugar slowly and beat until mixture is quite thick. Sift flour on to mixture and fold lightly through with a knife or tablespoon. Fold in 1 tablespoon hot milk for 4 eggs or 2 tablespoons of hot milk for 3 eggs. Place in two 7½-8 inch greased sandwich tins. **Bake in a very moderate oven 15-18 minutes.** When cooked turn on to cake wire covered with a cloth.

GINGERBREAD

4 oz. (1 teacup) McALPIN'S S.R. Flour	2 tablespoons Golden Syrup
2 oz. (½ teacup) McALPIN'S Enriched Plain Flour	1 level dessertspoon Ground Ginger
¼ teaspoon Salt	1 level teaspoon Cinnamon
2 oz. Arrowroot or Cornflour	1 level teaspoon Mixed Spice
4 oz. Brown Sugar	½ level teaspoon Bicarbonate of Soda
4 oz. Butter or Margarine	Juice of ¼ Lemon
2 Eggs	2 tablespoons Milk

Sift flour, salt and spices. Melt butter or margarine, sugar and golden syrup, cool, stir in arrowroot or cornflour and lemon juice. Beat in one egg and two tablespoons sifted ingredients; repeat with the second egg. Mix in the remainder of the sifted ingredients. Dissolve soda in milk, mix it in lightly and quickly. Turn mixture into a shallow greased tin lined on bottom with paper. **Bake in a very moderate oven for ¾ to 1 hour.**

PLAIN CAKE

6 oz. (1¾ teacups) McALPIN'S S.R. Cake Flour
¼ teaspoon Salt
5 oz. Castor Sugar

3 oz. Butter or Margarine
2 Eggs
4 tablespoons Milk
Flavouring as required

Sift flour, salt and sugar. Soften butter or margarine, chop or beat into sifted ingredients. Add eggs, milk and flavouring, beat 2 minutes with a wooden spoon or electric mixer on medium speed. Turn into a 7 inch cake tin greased and lined on bottom with paper. **Bake in a very moderate oven 45 to 50 minutes.**

CHOCOLATE CHIP CAKE

Plain Cake Mixture (see above).

Add 1 oz. grated chocolate and ½ teaspoon vanilla essence. Ice with Chocolate Butter Icing (page 61) and decorate with nuts.

PASSION FRUIT CAKE

Plain Cake Mixture (see above).

Add the pulp of 2 passion fruit. When cold ice with Soft Icing (page 61) flavour with passion fruit.

SEED CAKE

Plain Cake Mixture (see above). Stir in 1 dessertspoon Caraway Seeds.

SPICE CAKE

Plain Cake Mixture (see above).

Add 1 teaspoon Cinnamon and 1 teaspoon Mixed Spice with the flour. Bake in the same way as Plain Cake. When cold ice with Butter Cream (page 63), sprinkle with cinnamon and toasted chopped almonds.

ORANGE CAKE

Plain Cake Mixture (see above).

Replace 1 dessertspoon of milk with orange juice and add the grated rind of half an orange. Bake in same way as Plain Cake. Cover with Orange Frosting (page 62) while cake is still warm.

CHOCOLATE CAKE

Plain Cake Mixture (see above).

Blend 1 tablespoon of cocoa with boiling water making a paste. Add to the mixture with ½ teaspoon vanilla essence and beat until well blended. Bake in same way as Plain Cake. When cold ice with Chocolate Butter Icing (page 61). Decorate with walnuts or almonds.

WHOLEMEAL FRUIT COFFEE CAKE

4 oz. (1 teacup) McALPIN'S "Procera" S.R. Wholemeal
2 oz. (½ teacup) McALPIN'S Enriched Plain Flour
¼ teaspoon Salt
1 dessertspoon Cocoa

1 cup Mixed Fruit
4 oz. Butter or Margarine
4 oz. Sugar
2 Eggs
1 tablespoon Milk
1 dessertspoon Coffee Essence

Mix wholemeal, flour, salt and cocoa. Cream butter or margarine and sugar, beat in eggs. Mix in dry ingredients alternately with milk and coffee essence. Lastly mix in fruit. Place in a greased ring cake tin. **Bake in very moderate oven 35-45 mins.**



CINNAMON SCROLL CAKE (As Illustrated)

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|-----------------------------------|-------------------------------|
| 8 oz. (2½ teacups) McALPIN'S S.R. | 2 Eggs |
| Cake Flour | ¼ pint (6 tablespoons) Milk |
| ¼ teaspoon Salt | 1 dessertspoon Coffee Essence |
| 7 oz. Castor Sugar | 1 dessertspoon Cinnamon |
| 4 oz. Butter or Margarine | Few drops Cochineal |

Sift flour, salt and sugar. Soften butter or margarine by warming it and beating slightly. Sift in dry ingredients. Add $\frac{3}{4}$ of the milk, mix and beat 1 minute. Add eggs (unbeaten) and remaining milk, beat 1 minute using a wooden spoon or electric mixer on slow speed. Pour $\frac{1}{4}$ of the mixture into a separate basin and color this pink with cochineal. Stir the cinnamon and coffee essence into the remaining mixture and place in a greased 7 inch square tin lined on the bottom with paper. Place the pink mixture on top and swirl round with a knife. **Bake in a moderate oven 40 to 45 minutes.** Turn out and when almost cool cover with Pink Frosting (page 62).

BIRTHDAY CAKE

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|---------------------------------|----------------------------------|
| 4 oz. (1 teacup) McALPIN'S S.R. | 3 Eggs |
| Flour | 4 oz. Sultanias |
| 4 oz. (1 teacup) McALPIN'S | 4 oz. Raisins |
| Enriched Plain Flour | 1 oz. Mixed Peel |
| ¼ teaspoon Salt | 1 oz. Blanched Almonds |
| 6 oz. Butter or Margarine | Grated rind and juice of ½ Lemon |
| 6 oz. Castor Sugar | |

Sift flour and salt. Cream butter, sugar, lemon juice and rind, beat in eggs one at a time. Mix in sifted ingredients alternately with fruit and almonds. Place in a greased tin lined on bottom with paper. **Bake in a moderate oven 1 to 1¼ hours.** Cover cake with Almond Paste (page 61) and allow to harden for a day or two. Pour over Fondant Icing (page 61) or cover and decorate with Snow Icing (uncooked) (page 62).

CHRISTMAS CAKE

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|---|--|
| 5 oz. (1¼ teacups) McALPIN'S S.R. Flour | 2 oz. Crystallised Cherries |
| 10 oz. (2½ teacups) McALPIN'S Enriched Plain Flour | 2 oz. Figs |
| ¼ teaspoon of Salt | 6 oz. Seeded Raisins |
| 12 oz. Butter | 4 oz. Blanched Almonds |
| 12 oz. Castor Sugar | 1 lb. Sultanas |
| 6 Eggs | 1 lb. Currants |
| 4 tablespoons Brandy, Sherry, Lemon or Orange Juice | 2 oz. Mixed Peel |
| | A few drops each of Vanilla, Lemon and Almond Essences |

Sift flour and salt. Cream butter and sugar and add eggs one at a time, beating each in well. Add half the sifted ingredients and half the fruit, mix in well, then add remainder of sifted ingredients and fruit. Lastly add liquid and essences. Place mixture in tin that has been well lined with paper. **Bake in very moderate oven 3½ to 4 hours.** Will make 1 large (9½ inch) or 2 small cakes.

If a dark cake is preferred, use light brown sugar in place of castor sugar, and add 1 teaspoon cinnamon, 1 teaspoon mixed spice, and ½ teaspoon nutmeg. Color with a little caramel or parisian essence. Almond Paste (page 61). Snow Icing (page 62).

WHOLEMEAL DATE CAKE

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| 6 oz. (1½ teacups) McALPIN'S "Prosera" S.R. Wholemeal | 6 oz. Brown Sugar |
| 2 oz. (½ teacup) McALPIN'S Enriched Plain Flour | 2 Eggs |
| Pinch of Salt | 6 oz. Dates |
| 2 tablespoons Cocoa | ¼ pint (6 tablespoons) Hot Water |
| 4 oz. Butter or Margarine | ½ level teaspoon Bicarbonate of Soda |

Mix wholemeal, flour, salt and cocoa. Cut up dates, pour the hot water over them, add soda and stand in a warm place until the dates soften sufficiently to mash up with a fork. Cream butter or margarine and sugar, beat in eggs gradually. Mix in dry ingredients alternately with date mixture. Turn into a greased 8 inch tin lined on the bottom with paper. **Bake in a moderate oven 1 hour.**

TWO-EGG SPONGE

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| 3 oz. (1 small teacup) McALPIN'S S.R. Cake Flour | Pinch of Salt |
| 2 Eggs | 3 oz. Castor Sugar |
| | 1 tablespoon Milk |

Separate whites and yolks of eggs. Add pinch of salt to whites and beat until very stiff. Beat yolks in well. Add sugar and beat until the sugar is dissolved and the mixture quite thick. Sift flour once, then sift on to egg and sugar mixture. Fold flour lightly into mixture with a knife or tablespoon. Boil milk and fold it in tightly. Divide the mixture into two well greased 6½ or 7 inch sandwich tins and **bake in a very moderate oven about 15 minutes.** Fill with whipped cream or Lemon Filling (page 63).

SWISS ROLL

- | | |
|---------------------------------------|-----------------------------|
| 1 quantity Two-Egg Sponge (see above) | 3 tablespoons Raspberry Jam |
|---------------------------------------|-----------------------------|

Prepare the sponge mixture. Pour into 13 x 9 inch greased Swiss Roll tray lined on the bottom with greased paper and **bake in a moderately hot oven 8 to 10 minutes.** When cooked turn quickly on to a cloth. Remove the paper and any crisp edges. Spread with jam and roll up. Dust with castor sugar and wrap a piece of paper round it. Cool on a cake wire.



ROSE CAKE (As Illustrated)

- | | |
|--|---------------------------------|
| 8 oz. ($2\frac{1}{2}$ teacups) McALPIN'S S.R.
Cake Flour | 2 oz. Almond Meal |
| Pinch of Salt | Few drops Almond Essence |
| 4 oz. Butter or Margarine | Few drops Rose Essence |
| 7 oz. Castor Sugar | Cochineal |
| 3 Eggs | $3\frac{1}{2}$ tablespoons Milk |

Sift flour and salt. Cream butter or margarine and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with milk and essence. Lastly stir in almond meal and cochineal to make a pale pink mixture. Turn into an 8 inch round tin greased and lined on bottom with paper. **Bake in a very moderate oven 40 to 45 minutes.** Ice with pale colored Soft Icing (page 61) and decorate with nuts or marzipan roses.

CHERRY & NUT CAKE

- | | |
|---|---|
| 7 oz. ($1\frac{3}{4}$ teacups) McALPIN'S
Enriched Plain Flour | 8 oz. Glace Cherries (washed,
dried and chopped) |
| 3 oz. ($\frac{3}{4}$ teacup) McALPIN'S S.R.
Flour | 2 oz. Mixed Peel |
| $\frac{1}{4}$ teaspoon Salt | 2 oz. Shredded Almonds |
| 8 oz. Butter | $\frac{1}{2}$ teaspoon Vanilla and Lemon
Essence mixed |
| 8 oz. Castor Sugar | 1 tablespoon Brandy or Sherry |
| 4 Eggs | |

Sift flour and salt. Cream butter and sugar, beat in eggs one at a time. Mix in sifted flour alternately with fruit and nuts. Lastly mix in the essence, brandy or sherry. Place mixture in a $7\frac{1}{2}$ inch tin lined on bottom and sides with paper. **Bake in a moderate oven 2 to $2\frac{1}{2}$ hours.** Ice the top with Soft Icing (page 61) and decorate with cherries and almonds.

FRUIT CAKE

4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour
2 oz. (½ teacup) McALPIN'S S.R.
Flour
Pinch of Salt
½ teaspoon Nutmeg
½ teaspoon Cinnamon
½ teaspoon Mixed Spice
2 tablespoons Treacle

4 oz. Butter
2 oz. Brown Sugar
2 Eggs
12 oz. Fruit (Sultanas, Cherries,
Nuts, Dates, Mixed Peel,
Raisins)
1 dessertspoon Sherry, Brandy or
Lemon Juice

Sift flour, salt and spices. Cream butter, sugar and treacle. Beat in eggs gradually. Mix in sifted ingredients blended with fruit (cut small). Lastly mix in lemon juice or brandy. Turn into a 6 inch round tin lined on bottom and sides with paper. Hollow mixture from centre slightly. Cover with a thick piece of brown paper and **bake in a moderate oven 1¾ hours**, removing the paper cover after the first hour of the baking.

If you wish cake to be darker, mix a very little parisian essence with the mixture, as a cake as small as this cannot remain in the oven long enough to darken the mixture.

WHOLEMEAL MOCHA CAKE

6 oz. (1½ teacups) McALPIN'S
"Procer" S.R. Wholemeal
Pinch of Salt
3 oz. Butter
4 oz. Castor Sugar

2 Eggs
4 tablespoons Milk
1 dessertspoon Coffee Essence
2 oz. Walnuts

Mix wholemeal and salt. Cream butter and sugar, beat in eggs gradually. Mix in dry ingredients alternately with milk and coffee essence. Place in two greased 6½ inch sandwich tins lined on bottom with paper. **Bake in a moderate oven 20 to 25 minutes**. When cold fill and ice the top and sides with Coffee Butter Cream (page 63). Roll the sides in chopped walnuts and decorate the top with pieces of walnut.

MANDARIN CHIFFON CAKE

4 oz. (1¼ teacups) McALPIN'S S.R.
Cake Flour
Pinch of Salt
4 oz. Castor Sugar
2 Egg Yolks
2 tablespoons Maize Oil

3 Egg Whites
2½ tablespoons Water
1 tablespoon Mandarin Juice
Grated rind 1 Mandarin
¼ teaspoon Cream of Tartar

Sift flour, salt and sugar three times. Place egg yolks, oil, water, grated rind and juice of mandarin in a cup. Pour contents of cup into sifted ingredients and beat with a wooden spoon into a batter. Whip egg whites slightly, add cream of tartar, continue beating until stiff but still shiny. Pour batter over egg whites and fold in lightly with a knife or rubber scraper. Turn into an ungreased 7 inch tin. **Bake at once in a very moderate oven 35 to 40 minutes**. Turn over and allow cake to hang in tin until cold. Loosen cake from sides of tin with a knife. Tap sharply to release cake. Ice with Soft Icing (page 61) flavoured with mandarin juice.

PASSION FRUIT CHIFFON CAKE

Follow recipe for Mandarin Chiffon (see above) except omit mandarin rind and juice and add the pulp of 2 passion fruit. Ice with Soft Icing (page 61) flavoured with passion fruit.



WHOLEMEAL DATE & GINGER LOG

(As Illustrated)

- | | |
|---|---------------------------|
| 3 oz. ($\frac{3}{4}$ teacup) McALPIN'S | 3 oz. Butter or Margarine |
| "Procera" S.R. Wholemeal | 4 oz. Dates |
| 2 oz. ($\frac{1}{2}$ teacup) McALPIN'S | 1 oz. Preserved Ginger |
| Enriched Plain Flour | 1 Egg |
| $\frac{1}{4}$ teaspoon Salt | 1 dessertspoon Marmalade |
| 3 oz. Castor Sugar | $\frac{1}{4}$ pint Milk |

Mix wholemeal, flour, salt and sugar. Soften butter and chop or beat into the dry ingredients, add dates and ginger cut small. Stir in the milk, add the egg and marmalade and beat well for 2 minutes. Turn into a greased log cake tin lined on bottom with paper. **Bake in a moderate oven 35 to 40 minutes.** Ice with Butter Cream (page 63) and decorate with dates and ginger.

PAVLOVA

- | | |
|----------------------------------|--|
| 1 rounded dessertspoon McALPIN'S | 8 oz. Castor Sugar |
| S.R. Cake Flour | 1 dessertspoon Vinegar |
| 4 Egg Whites | $\frac{1}{2}$ teaspoon Vanilla Essence |

Whip egg whites stiffly. Pour in sugar gradually and beat until very stiff. Add flour, beat in well. Lastly beat in vinegar and essence. Place in a large buttered plate or pyrex dish having the edges higher than the centre. **Bake in a cool oven for 1 to 1 $\frac{1}{4}$ hours.** When cold fill centre with cream and berry or other fruits. Serve in plate in which it is cooked.

ORANGE CHIFFON CAKE

Follow recipe for Mandarin Chiffon (page 28) except omit mandarin rind and juice and add the grated rind of $\frac{1}{2}$ an orange and 1 tablespoon of Orange Juice. Ice with Orange Frosting (page 62).

PASTRY

SHORT PIE CRUST

- | | |
|--|--|
| 4 oz. (1 teacup) McALPIN'S S.R.
Flour | Pinch of Salt |
| 4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour | 5 oz. Butter, Margarine or
Dripping |
| | 4 tablespoons Water |

Sift flour and salt, rub in butter, margarine or dripping. Mix into firm dough with water. Turn on board, knead slightly until smooth. Roll out and use for meat pasties or for the crust on fruit pies, except apple pie which requires Rough Puff Pastry. **Bake in a moderately hot oven.**

SWEET SHORT PASTRY

- | | |
|--|----------------------------|
| 4 oz. (1 teacup) McALPIN'S S.R.
Flour | 4 oz. Butter or Margarine |
| 4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour | 1 Egg Yolk |
| Pinch of Salt | 3 tablespoons Water |
| | 2 tablespoons Castor Sugar |

Sift flour and salt, rub in butter or margarine, add sugar. Mix to a firm dough with yolk of egg and water. Roll into shape required. **Bake in a moderately hot oven.**

ROUGH PUFF PASTRY

- | | |
|--|--------------------------------|
| 4 oz. (1 teacup) McALPIN'S S.R.
Flour | Pinch of Salt |
| 4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour | 5 to 6 oz. Butter or Margarine |
| | 6 tablespoons Water |
| | Squeeze of Lemon Juice |

Sift flour and salt. Add butter to sifted ingredients in pieces the size of a walnut. Mix into a dough with water and lemon juice. Roll on floured board into a square, fold in four. Roll into an oblong, fold in three. Roll into a square, fold in four. Allow to stand until pastry is firm before rolling into the required shape. **Bake in a hot oven.** Use this pastry to cover meat pies, apple pie and small patties.

WHOLEMEAL SHORT PASTRY

- | | |
|--|-----------------------------|
| 4 oz. (1 teacup) McALPIN'S
"Prodera" S.R. Wholemeal | Pinch of Salt |
| 2 oz. (½ teacup) McALPIN'S
Enriched Plain Flour | 4 oz. Margarine or Dripping |
| | 3 tablespoons Water |

Mix flour, wholemeal and salt. Rub in margarine or dripping. Mix into a firm dough with water. Turn on board and roll out.

Use for meat pasties or for the crust on fruit pies, except apple pie. **Bake in a moderately hot oven.**

CHOUX PASTRY

- | | |
|--|---------------------|
| 2 oz. (½ teacup) McALPIN'S S.R.
Flour | 4 tablespoons Water |
| 1 oz. Butter | 2 small Eggs |

Put water and butter into saucepan, and bring to the boil. Remove from heat, add sifted flour and stir until smooth, using a wooden spoon. Return to stove, cook until mixture leaves sides of the pan (about ¼ minute). Allow to cool slightly, then beat in eggs a little at a time until the mixture will just hold its shape. Use for Cream, Banana, and Savoury Puffs.



APPLE FLEUR (As Illustrated)

Prepared Pastry Case (page 32) $\frac{1}{2}$ pint Whipped Cream
 2 cups Stewed Apple flavoured with 1 oz. Butter
 Lemon Rind and few Cloves

• Rub stewed apple through a sieve to make a puree, add melted butter to it.

Fill pastry case with apple puree. Cover with a thin layer of half-whipped cream. Color remaining cream pale pink and finish whipping. Decorate tart with the pink cream piped through star tube and bag.

CREAM PUFFS

1 quantity Choux Pastry $\frac{1}{4}$ pint Cream, whipped and
 (page 30) flavoured

Place dessertspoonfuls of mixture on a greased tray. **Bake in a moderately hot oven for 10 minutes**, reduce heat and continue baking until dry and crisp, 30 to 35 minutes. Split as soon as the puffs are cooked in order to allow steam to escape. When cold fill with prepared cream and dust with icing sugar.

BANANA OR FRUIT PUFFS

Follow Cream Puff Recipe (see above). After putting mixture on tray, brush tops of puffs with a little egg to produce a smooth surface. Bake as for Cream Puff shells. When cold, fill with whipped cream, blended with sliced banana or strawberries, blackberries, etc. Pour a thin soft icing over puffs and decorate with a piece of fruit rolled in castor sugar.

● COOKING DIRECTIONS.

● OVEN TEMPERATURE: 350 degrees.

Wash and dry the chicken. For the stuffing, wash, wash, butter, and mushrooms and onion and cook five minutes. Add the remaining ingredients and mix thoroughly over the heat.

Place meat on the surface at the bottom of the dish and the remainder into the center. Bake for 15 minutes. Turn and set on a rack in a roasting pan. Baste with oil. Cook at 350 degrees for about two and a quarter hours, basting occasionally with the drippings.

Remove the chicken and keep hot. Drain the fat from the pan and add to the flour, butter and salt. Cook, stirring for 10 minutes. Add a cup of chicken stock and mix with wooden spoon for 5 minutes. Add the remaining ingredients.

Drain the pineapple rings, wash the butter in a frying pan and add the remaining ingredients with sugar and ginger. When lightly browned, turn and cook other side.

● CREAM SAUCE

DOUENET CHICKEN

Four lb. chicken, one tablespoon oil, parsley to garnish, quarter cup plain flour, one teaspoon salt, freshly ground pepper.

MUSHROOM STUFFING

One third cup butter, half lb. sliced mushrooms, quarter cup minced onion, one tablespoon chopped parsley, half teaspoon celery seed, salt and pepper, half teaspoon mixed herbs, three cups dry old bread cubes.

PINEAPPLE GARNISH

Six pineapple rings, one tablespoon butter, two tablespoons brown sugar, good pinch ground ginger.

● PREPARATION

TIME: 25 minutes.

CONTINENTAL ROLL

8 oz. (2 teacups) McALPIN'S S.R.

Flour
Pinch of Salt
3 oz. Butter

3 oz. Castor Sugar

1 Egg
1 tablespoon Milk
½ teaspoon Vanilla Essence

Sift flour and salt, rub in butter, add sugar. Mix into a dough with egg, milk and vanilla essence. Turn on floured board, knead slightly, roll into an oblong ¼ inch in thickness. Spread with one of the following Mixtures. Roll up. Place in a greased oblong tin, press firmly down. Sprinkle with cinnamon and sugar when using the Almond Mixture, and coconut and sugar when using Coconut Mixture. **Bake in moderate oven 40-45 mins.**

ALMOND MIXTURE:

3 oz. Ground Almonds
3 oz. Castor Sugar
1 oz. Ground Rice
1 teaspoon Cinnamon

1 teaspoon Mixed Spice
1 Egg
½ teaspoon Almond Essence
1 dessertspoon Golden Syrup

Blend all ingredients well together.

COCONUT MIXTURE:

4 tablespoons Coconut
2 tablespoons Castor Sugar
½ cup Cake Crumbs

½ cup Raisins
2 tablespoons Apricot or Raspberry Jam

Blend all ingredients well together.

SPICE SHORT PASTRY

2 oz. (½ teacup) McALPIN'S S.R.

Flour
4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour
¼ teaspoon Salt
3 oz. Butter or Margarine

1 oz. Castor Sugar
½ teaspoon Cinnamon
2 Egg Yolks
Grated rind ½ Lemon
1 dessertspoon Lemon Juice

Sift flour, salt and cinnamon, add grated lemon rind, rub in butter or margarine, add sugar. Mix into a firm dough with egg yolks and lemon juice. Roll out and use to make pastry cases for fruit fillings, small sweet tarts, custard tarts, etc. **Bake in a moderate oven.**

Omit the cinnamon for Plain Sweet Short Pastry.

HONEY NUT PASTRY ROLLS

1 quantity Spice Short Pastry
(see above)
2 tablespoons Honey
1 oz. chopped Walnuts or Almonds
1 oz. Mixed Peel

2 oz. Raisins
2 oz. Sultanas
½ teaspoon Mixed Spice

Roll pastry into a thin oblong, spread with honey, sprinkle with the nuts, peel, fruit and spice. Roll up, cut into 1½ inch pieces. Place on a greased tray, glaze with egg or milk and **bake in a moderately hot oven 15 to 20 minutes.**

TO PREPARE AN UNFILLED PASTRY CASE

Line a tart plate or sandwich tin with any short pastry. Prick well and cover with a piece of paper. Load with bread crusts. **Bake in a moderately hot oven 20 to 25 minutes**, removing the paper and crusts after the first 10 minutes of the baking. When cold fill with the required sweet or savoury filling.



LEMON SHORTCAKE (As Illustrated)

- | | |
|--|-------------------------------|
| 4 oz. (1 teacup) McALPIN'S S.R.
Flour | 4 oz. Butter |
| 4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour | 4 oz. Castor Sugar |
| Pinch of Salt | 1 Egg |
| | Lemon Filling No. 1 (page 63) |
| | 1 oz. blanched Almonds |

Sift flour and salt. Cream butter and sugar slightly, add egg and beat well, add sifted ingredients and mix into a dough. Divide into two. Roll each piece into a round to fit a 7½ inch sandwich tin. Grease the tin, place one round in and press well to sides of tin. Spread with lemon filling, leaving a margin of ¼ inch around the shortbread. Place the second round on top and press well to the sides. Split the almonds and place them in a circle on top. **Bake in a moderate oven 30 to 35 minutes.**

FRUIT MERINGUE FLAN

THE PASTRY: 1 quantity Spice Short Pastry (page 32).

THE FILLING:

- | | |
|-------------------|---------------------|
| ½ lb. Prunes | 2 oz. Sugar |
| 2 oz. Mixed Fruit | 4 oz. Cake Crumbs |
| 1 oz. Almonds | 2 tablespoons Cream |
| 1 oz. Mixed Peel | ½ teaspoon Cinnamon |

Stew prunes with sugar and 1 cup of water. Remove stones, mix in mixed fruit, nuts, spice, cake crumbs and cream.

Line a pie plate with the pastry. Fill with the fruit filling and **bake in a moderate oven 25 to 30 minutes.** Whip 2 egg whites stiffly, fold in 2 tablespoons castor sugar, spread roughly over filling in tart. Return to oven and cook slowly until meringue is set and slightly colored.

Swiss Choc Cake (Pkt.)
Orange Cake (Pkt.)
Marshmallows
Sultana Scones

Walnut Meringues
Spice Cake
Lemon Cake?
Coffee Buns?

Ginger Brl. Pkt.
Spice Cake
Apple Cake
Jam - oatmeal cookies.

SAVORY RICE

One cup rice, one tablespoon butter, one teaspoon salt, freshly ground pepper, two cups chicken stock (or water and two stock cubes.)

● **PREPARATION:**
TIME: 30 minutes.

● **COOKING TIME:**
15-20 minutes.

Cook the rice in the butter until it turns golden. Add the salt, pepper and stock and bring to the boil, stirring occasionally.

Reduce the heat to simmering, cover and cook for 15 to 20 minutes or until the rice is tender and the liquid absorbed (add more stock if necessary). Turn off the heat and stand a minute or two before serving.

CUSTARD TART PASTRY:

Three oz. butter, three oz. sugar, half-teaspoon vanilla essence, one egg yolk, one dessertspoon water, six oz. plain flour, pinch salt, one level teaspoon baking powder.

FILLING:

Two eggs, two table-spoons sugar, one and a quarter cups milk, half teaspoon vanilla essence, nutmeg or cinnamon for topping.

● **PREPARATION**
TIME: 25 minutes.

● **COOKING TIME:**
30 minutes.

● **OVEN TEMPERATURE:** 425 deg. 325 deg.

For the pastry, beat the butter and sugar to a cream, add the vanilla, egg yolk and water and beat well. Sift the flour, salt and baking powder and blend into the mixture. Knead lightly, wrap and chill.

Roll the pastry and use to line an eight-inch tart plate. Trim the edges and brush the pastry lightly with egg white.

For the filling, beat the eggs and sugar together. Add the milk and vanilla and beat well. Pour carefully into the pastry case and sprinkle with a little nutmeg or cinnamon.

Bake at 425 degrees for 10 minutes, reduce the heat to 325 degrees and bake a further 20 minutes or until the custard is set. Cool and chill lightly. Serve with cream and fruit if liked.

MINCE PIES

THE PASTRY: 1 quantity Rough Puff Pastry (see page 30)

THE FILLING:

$\frac{1}{2}$ lb. Mixed Fruit
 $\frac{1}{2}$ teaspoon of Cinnamon
 $\frac{1}{2}$ teaspoon Mixed Spice

Grated rind and Juice of $\frac{1}{2}$ Lemon
1 Apple
1 dessertspoon Butter (melted)
3 tablespoons Sugar
1 tablespoon Brandy (optional)

Grate apple and cut fruit into small pieces. Mix all ingredients well together. Store in jar until required. Roll pastry thinly and line round patty tins with it. Fill with the sweet mincemeat, cover with pastry. Glaze with beaten egg or water and sugar. **Bake in a moderately hot oven 25 to 30 minutes.**

SHORTBREAD PASTRY

4 oz. (1 teacup) McALPIN'S S.R.
Flour

4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour

Pinch of Salt

3 oz. Sugar

3 oz. Butter or Margarine

1 Egg

Sift flour and salt. Cream butter or margarine and sugar, beat in egg. Lastly, mix in sifted ingredients to make a firm dough. **Bake in a moderate oven.** Use this pastry when you require a sweet short crust. Goods prepared from this pastry can be stored for a considerable time. They should be reheated in the oven before using.

MAIDS OF HONOUR

1 quantity Shortbread Pastry (see above)

2 tablespoons McALPIN'S S.R. Flour

2 oz. Ground Almonds or Coconut

3 oz. Castor Sugar

2 oz. Ground Rice

1 large Egg

4 tablespoons Milk

1 dessertspoon Honey

$\frac{1}{4}$ teaspoon Vanilla and Almond
Essences

Raspberry Jam

Roll pastry out $\frac{1}{4}$ inch in thickness and line greased patty tins with it. Put a little jam in each patty. Blend the ground almonds, sugar, ground rice and flour. Beat egg, add milk, honey and essences to it. Mix the dry ingredients into a soft mixture with the egg and milk. Fill the pastry patties with this mixture. Place a strip of pastry on each and **bake in a moderate oven 15 to 20 minutes.**

PEANUT SLICES

1 quantity Sweet Short Pastry
(page 30)

2 tablespoons Raspberry Jam

1 cup Peanuts

2 Egg Whites

4 oz. Icing Sugar

$\frac{1}{2}$ teaspoon Cinnamon

1 cup Coconut

Line a shallow greased oblong tin with the pastry. Spread with raspberry jam. Beat egg whites stiffly, stir in icing sugar, coconut and cinnamon. Cover jam with this mixture, sprinkle with peanuts. **Bake in a moderate oven 25 to 30 minutes.** Cut into slices when almost cold.



MARSHMALLOW BARS (As Illustrated)

- 1 quantity Wholemeal Short Pastry 4 tablespoons Apricot Jam
(page 30)

Prepare pastry and line an oblong tin (7 x 11 inches). Place the apricot jam in the pastry case and **bake in a moderately hot oven 20 to 25 minutes**. When cold turn from tin and fill with marshmallow. Sprinkle with toasted coconut and cut into slices.

THE MARSHMALLOW:

- | | |
|-------------------------------------|---|
| 6 tablespoons Water | $\frac{1}{4}$ teaspoon Salt |
| 3 tablespoons Lemon or Orange Juice | 4 oz. Sugar |
| | $1\frac{1}{2}$ level dessertspoons Gelatine |

Stir ingredients slowly to the boil in a saucepan, simmer 5 minutes. Cool until mixture shows signs of thickening, then beat until fluffy. Spread immediately.

WHOLEMEAL BUTTERSCOTCH TART

- 1 quantity Wholemeal Short Pastry (page 30)
Prepare and bake the pastry into a case (page 32).

THE FILLING:

- | | |
|--------------------------------------|--|
| 1 oz. McALPIN'S Enriched Plain Flour | $\frac{1}{4}$ teaspoon Salt |
| 2 oz. Butter | $\frac{1}{4}$ pint Milk |
| 2 oz. Brown Sugar | 1 Egg |
| | $\frac{1}{2}$ teaspoon Vanilla Essence |

Place the brown sugar in a saucepan with 2 tablespoons water. Stir over heat until sugar is dissolved, boil to a caramel color. Add butter and flour and stir over heat until blended. Mix in milk and salt, stir to the boil. Add egg yolk and vanilla essence. Whip egg white stiffly and fold into mixture. Turn into prepared tart case. When cold decorate with whipped cream and nuts.

PUDDINGS

WHOLEMEAL SURPRISE APPLE PUDDING

THE PASTRY:

4 oz. (1 teacup) McALPIN'S
"Procera" S.R. Wholemeal
2 oz. (½ teacup) McALPIN'S
Enriched Plain Flour

¼ teaspoon Salt

4 oz. Butter, Margarine or
Dripping

½ teaspoon Cinnamon
3 tablespoons Water

Mix wholemeal, flour, salt and cinnamon. Rub in butter, margarine or dripping. Mix into a firm dough with water. Thickly grease an enamel or aluminium pudding basin with melted butter or margarine and sprinkle well with brown sugar. Line basin with two-thirds of the pastry. Slice into it two or three apples to ¾ fill the crust. Sprinkle with brown sugar and 3 tablespoons mixed fruit. Pour in 2 tablespoons water. Cover with remaining pastry sealing the edges tightly. Stand on a tray. **Bake in a moderate oven for 1 hour, reducing the heat after the first 15 minutes.** Loosen pudding with a knife and turn on to a hot dish. Serve with cream or Custard Sauce (page 64).

BAKED LEMON SOUFFLE

2 oz. (½ teacup) McALPIN'S S.R.
Flour

4 oz. Sugar
2 Lemons

¼ pint (6 tablespoons) Milk
2 Eggs

1 oz. Butter

Cream butter and sugar slightly. Sift in flour and mix well. Add grated rind of one lemon and juice of two. Next add the beaten egg yolks and milk. Lastly, fold in the stiffly beaten egg whites. Pour into buttered pie dish. Stand in a dish of hot water and **bake in a very moderate oven until golden brown 20 to 30 minutes.** When cooked, it should be firm on top with a creamy custard underneath. Serve immediately it is cooked.

BAKED CHOCOLATE SOUFFLE

1 quantity Baked Lemon Souffle (see above)

Omitting the lemon and 2 oz. of sugar and adding 1 dessertspoon Cocoa and ½ teaspoon Vanilla Essence.

SUMMER DESSERT

1 quantity 2-Egg Sponge Mixture
(page 26)

1 tin or jar Pears

2 oz. preserved Cherries

Piece of Angelica

½ pint Cream

1 dessertspoon Coffee Essence

Prepare sponge mixture and pour into a large greased recessed tin. **Bake in a very moderate oven 12-15 minutes.** Allow to stand for 2 or 3 days. Place on glass plate, prick with a skewer and pour over a little of the syrup from the pears. Decorate pears with cherries and angelica and place in design on the sponge. Whip and flavour cream with coffee essence and pipe through a savoy tube round edges of sponge. Return to refrigerator to cool before serving.



BAKED ALASKA (As Illustrated)

- | | |
|---|--|
| 1 quantity 2-Egg Sponge Sandwich
(page 26) | 1 tin or jar Preserved Fruit
1 large tray Ice Cream |
|---|--|

Prepare and bake the sponge mixture in a Swiss Roll tin. Allow to stand a day or two before using. Cut sponge to the shape of the ice cream but $\frac{1}{2}$ inch wider all round. Place sponge on large oblong sandwich tray standing on a board. Cover sponge with drained preserved fruit. Then place ice cream on top. Spread Meringue completely over ice cream and cake. **Place in a moderately hot oven for 3-4 minutes.** Serve at once.

THE MERINGUE: 3 Egg Whites 4 oz. Castor Sugar

Whip whites stiffly, beat in half the sugar and fold in remaining sugar.

WHOLEMEAL DATE PUDDING

- | | |
|---|--|
| 4 oz. (1 teacup) McALPIN'S
"Procera" S.R. Wholemeal
2 oz. ($\frac{1}{2}$ teacup) McALPIN'S S.R.
Flour | 3 oz. Brown Sugar
3 oz. Margarine or Dripping
2 Eggs
1 teacup Dates
$\frac{1}{4}$ pint boiling Water
$\frac{1}{2}$ teaspoon Bicarbonate of Soda |
| $\frac{1}{4}$ teaspoon Salt
2 tablespoons Cocoa | |

Cut up the dates, pour over them the hot water, add the soda and set aside until the dates soften. Beat margarine or dripping and sugar to a cream. Add eggs one at a time, beating well. Add dates and lastly sifted flour, wholemeal, salt and cocoa. Turn mixture into a greased basin, cover closely and **steam $1\frac{1}{4}$ to 1 $\frac{1}{2}$ hours.** Serve with custard sauce or cream.

FRUIT FLUMMERY

3 level dessertspoons McALPIN'S

Enriched Plain Flour

4 oz. Sugar

½ pint Water

Juice 2 Oranges

Juice 1 Lemon

2 level tablespoons Gelatine

6 Passion Fruit

Soak sugar and gelatine in saucepan with orange and lemon juice. Blend flour with the water and add to gelatine mixture. Stir to the boil, simmer 2 minutes. Cool and beat until fluffy, add pulp of passion fruit and continue beating until thick. Pile in heaps in glass dish. Serve with whipped cream or Custard Sauce (page 64).

DEVON PUDDING

6 oz. (1½ teacups) McALPIN'S S.R.

Flour

Pinch of Salt

2½ oz. Butter

3 oz. Castor Sugar

1 large or 2 small Eggs

3 tablespoons Milk

3 tablespoons Sultanas

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in sifted ingredients alternately with milk. Lastly, add sultanas. Place in greased pudding basin two-thirds full. Cover with greased paper and tight-fitting lid. **Steam over gently boiling water for 1¼ hours.** Serve with hot sauce.

DATE PUDDING

Add 4 oz. chopped Dates to Devon Pudding omitting Sultanas.

COCONUT PUDDING

Add 3 tablespoons Coconut, 2 tablespoons Milk (extra), 4 drops Almond Essence, to Devon Pudding omitting Sultanas.

CHOCOLATE PUDDING

Add 1 tablespoon Cocoa and a little Vanilla Essence to Devon Pudding omitting Sultanas.

GINGER PUDDING

Add 1 dessertspoon golden syrup and 3 teaspoons Ground Ginger to Devon Pudding omitting Sultanas.

CARAMEL PUDDING

Add ½ teaspoon Vanilla Essence to Devon Pudding. Place 2 tablespoons sweetened Condensed Milk on bottom of greased basin before putting in the mixture.

APPLE OR FRUIT SPONGE

4 oz. (1 teacup) McALPIN'S S.R.

Flour

Pinch of Salt

2 oz. Butter

2 oz. Sugar

1 Egg

4 to 5 tablespoons Milk

1 lb. Stewed Apples or other Fruit

Stew the fruit and place in a pie dish. Sift flour and salt. Cream butter and sugar, add egg and beat in well. Mix in sifted ingredients alternately with milk. Place the mixture on the warm fruit and **bake in a moderate oven 25 to 30 minutes.** Dredge with sugar and serve hot with custard or cream.



NOUGAT CREAM RING (As Illustrated)

1 quantity 2-Egg Sponge (page 26)

THE CREAM:

$\frac{3}{4}$ pint Milk

2 Eggs

1 oz. Castor Sugar

$\frac{1}{2}$ pint Cream

$\frac{1}{2}$ teaspoon Vanilla Essence

3 level teaspoons Gelatine

2 tablespoons hot Water

THE CARAMEL:

4 oz. Sugar

3 tablespoons Water

Pinch of Cream of Tartar

1-2 oz. Almonds

Prepare sponge mixture and place in a greased ring cake tin. **Bake in a very moderate oven 25 to 30 minutes.** Turn out and allow to become cold.

The Cream:— Beat eggs and castor sugar. Heat milk, pour over eggs and sugar, return to double saucepan and cook, stirring constantly until custard coats the spoon. Cool slightly and add vanilla essence. Dissolve gelatine in water and stir into custard.

The Caramel:— Dissolve sugar in water, add cream of tartar and bring to boil. Boil rapidly until syrup turns a caramel color. Blanch almonds and place on buttered tray. Pour caramel over and spread thinly with a buttered knife. When set, crush up, keeping some nice pieces for decoration. Mix the crushed caramel into the custard and half the cream, whipped and flavoured. Place ring of cake on serving dish, fill with custard mixture. Set in refrigerator until cold and firm. Cover top with whipped cream and decorate with caramel and nuts.

BAKED BANANA ROLL

8 oz. (2 teacups) McALPIN'S S.R.	1/2 cup Raisins
Flour	2 or 3 Bananas
1/2 teaspoon Salt	Grated rind 1/2 Lemon
2 oz. Butter or Margarine	3/4 teacup Milk
2 oz. Sugar	

Sift flour and salt. Cream butter or margarine and sugar. Mix in sifted ingredients alternately with milk. Roll into an oblong 1/2 inch thick. Mash bananas with a fork, spread on dough, sprinkle with raisins and grated lemon rind. Roll up, **bake in the following syrup in a moderately hot oven about 25 to 30 minutes.** Serve hot with Lemon Sauce or Cream.

THE SYRUP: 1 teacup Sugar, 2 teacups Water, 1 Lemon.

Peel pith from lemon and slice finely. Place in large pie dish, add sugar and water. Bring to the boil in the oven and **cook for 5 minutes** before placing the Banana Roll into it.

FRENCH PANCAKES

5 oz. (1 1/2 teacups) McALPIN'S S.R.	2 oz. Castor Sugar
Cake Flour	2 Eggs
1/4 teaspoon Salt	1/2 pint warm Milk
2 oz. Butter	

Sift flour and salt. Cream butter and sugar, beat in egg yolks. Mix in sifted ingredients alternately with milk. Whip whites of eggs stiffly and fold into batter. Place batter in buttered saucers or round pie tins. **Bake in a moderately hot oven 10 to 15 minutes.** Put together with jam or sugar and lemon. These pancakes do not spoil if kept warm in the oven for some time.

APPLE OR QUINCE PUDDING

4 oz. (1 teacup) McALPIN'S S.R.	4 oz. Shredded Suet
Flour	1/4 pint Water
4 oz. (1 teacup) McALPIN'S	1 1/2 lbs. Apples or Quinces
Enriched Plain Flour	2-3 oz. Sugar
1/4 teaspoon Salt	

Sift flour and salt. Rub in suet, mix into a firm dough with water. Line a greased basin with 2/3 of the pastry. Slice apples or quinces, fill basin with fruit, add sugar; for apple pudding flavour with cloves or grated lemon. Add 2 tablespoons water, cover with remaining pastry. Scald and flour a pudding cloth and tie securely over top of basin. **Boil 1 1/2 - 2 hours.**

PLUM DUFF

2 oz. (1/2 teacup) McALPIN'S	1 Egg
Enriched Plain Flour	2 oz. Brown Sugar
1/4 teaspoon Salt	2 oz. Butter
1/2 level teaspoon Bicarbonate of Soda	1 c. cooked Prunes

Sift flour, salt and soda. Beat egg slightly then beat in sugar. Melt butter and cut up prunes. Add butter and prunes to egg and sugar mixture. Lightly beat in the sifted ingredients. Turn into a greased basin, cover with greased paper and **steam 40 to 45 minutes.**



CHRISTMAS PUDDING (As Illustrated)

1 lb. (4 teacups) McALPIN'S S.R.
Flour

$\frac{1}{2}$ oz. Mixed Spice

1 lb. Raisins

1 lb. Currants

4 oz. Mixed Peel

12 oz. Brown Sugar

8 oz. Suet

8 Eggs or 6 Eggs and 4 table-
spoons Milk

2 tablespoons Golden Syrup,

Treacle, Honey or Dark Jam

Juice of $\frac{1}{2}$ Lemon or 1 tablespoon
Brandy

Sift flour and spice. Shred suet finely and rub it into the flour and spice. Mix in the fruit and sugar. Beat eggs, add the golden syrup (treacle, honey or dark jam) and the milk to them. Mix the dry ingredients with the liquid ingredients. Add the lemon juice or brandy and stir it well through the mixture. Place in a greased pudding basin, seeing that the mixture fills the basin to $\frac{1}{2}$ " from the top. Cover with cloth and **boil for 6 hours** (4 hours for half quantity).

WHOLEMEAL CHOCOLATE ICE CREAM CRUNCH

5 oz. ($1\frac{1}{4}$ teacups) McALPIN'S
"Procera" S.R. Wholemeal

$\frac{1}{4}$ teaspoon Salt

$\frac{1}{2}$ cup Honey

2 oz. Butter

1 small Egg

$\frac{1}{2}$ teaspoon Vanilla Essence

1-2 oz. grated Chocolate

Mix wholemeal and salt. Cream butter and honey until light, beat in egg. Blend wholemeal, salt, chocolate and vanilla essence into butter mixture. Chill, then roll out thinly, cut into rounds. Place on greased tray and **bake in a very moderate oven 10 to 15 minutes**. Store in airtight tin until required. Serve ice cream masked with Chocolate Sauce (page 64), sprinkled with nuts, and a crunchy biscuit stuck in the top of each serving.

Corn flake macaroons

If you have the ingredients to make corn flake macaroons, you have a whole lot.

To make these take 1 cup butter, 1 cup brown or white sugar, 1 tablespoon vanilla essence, 2 eggs, macaroons, 1 cup chopped nuts and 1 cup shredded coconut.

Beat the butter until soft and then add the sugar. Add vanilla essence, macaroons, eggs and coconut. Beat thoroughly. Then in a moderate oven (350 deg. F.) for about 12 minutes. Remove immediately from baking sheet. This quantity will make about 2 dozen macaroons. Sometimes, if they stick, place the baking sheet on a baking tray and remove the macaroons quickly with a spatula or a sharp knife. However, if they become hardened to the baking sheet, break in the pieces for a full minute to soften.

BAKED RHUBARB PUFFS

6 oz. (1½ teacups) McALPIN'S S.R.	3 oz. Sugar
Flour	1 Egg
¼ teaspoon Salt	1 cup Rhubarb
½ teaspoon ground Ginger	4 tablespoons Milk
2 oz. Butter or Margarine	

Sift flour, salt and ginger. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients alternately with milk. Lastly stir in rhubarb cut into small pieces. Place mixture into greased individual pudding moulds. **Bake in a moderate oven 25 to 30 minutes or steam 25 minutes.** Turn out and serve with Rhubarb Sauce and whipped cream.

RHUBARB SAUCE:	1 dessertspoon Honey or Golden Syrup
3 sticks Rhubarb	1 cup Water
1 level dessertspoon Arrowroot	

Cut rhubarb into pieces and stew with water, sugar and honey or golden syrup. Blend arrowroot with cold water, stir into stewed rhubarb, return to heat and stir to the boil.

WHOLEMEAL LEMON NUT DESSERT

4 oz. (1 teacup) McALPIN'S "Procera" S.R. Wholemeal	1 Egg
2 oz. (½ teacup) McALPIN'S S.R. Flour	3 tablespoons Milk
¼ teaspoon Salt	2 Lemons
3 oz. Butter or Margarine	1 oz. blanched Almonds
4 oz. Brown Sugar	2 tablespoons Honey
	2 tablespoons Butter

Mix flour, salt and wholemeal. Cream butter or margarine and sugar, beat in egg. Mix in dry ingredients alternately with milk. Stir in the grated rind of ½ lemon. Peel lemons removing all the pith. Cut into thin slices. Place lemon slices and almonds in the bottom of a 7 inch greased sandwich tin. Melt butter and honey together and pour over lemon. Spread pudding mixture on top and **bake in a moderate oven 25 to 30 minutes.** Allow to stand for a few minutes before turning on to plate. Serve with custard or cream.

LEMON OR JAM PANCAKES

4 oz. (1 teacup) McALPIN'S S.R. Flour	1 Egg
Pinch of Salt	¼ pint plus 3 tablespoons Milk

Sift flour and salt into a basin. Beat egg, add milk to it. Mix the sifted ingredients into a batter with the egg and milk. Place a small piece of dripping in the frying pan and heat until the fat smokes. Pour away heated dripping and wipe pan out with paper. Now put into the hot pan a small piece of butter or dripping, turn pan until it melts over the surface. Pour in sufficient batter to cover bottom of the pan. Cook pancake on one side, turn or toss over and cook again. Slide pancake on to a papered tray. For Lemon Pancakes squeeze Lemon Juice over, and shake sugar on pancake, roll up. For Jam Pancakes spread with Jam, roll up. Dust with sugar and serve at once.



GINGERBREAD APPLE RING (As Illustrated)

- | | |
|---|--|
| 4 oz. (1 teacup) McALPIN'S S.R.
Flour | $\frac{1}{4}$ level teaspoon Bicarbonate of Soda |
| 2 oz. ($\frac{1}{2}$ teacup) McALPIN'S
Enriched Plain Flour | 2 oz. Brown Sugar |
| $\frac{1}{4}$ teaspoon Salt | 3 oz. Butter or Margarine |
| 1 teaspoon Ground Ginger | 1 Egg |
| $\frac{1}{2}$ teaspoon Mixed Spice | 2 tablespoons Golden Syrup or
Treacle |
| $\frac{1}{2}$ teaspoon Cinnamon | 5 tablespoons Milk |
| | 2 cups Stewed Apple |

Sift flour, salt, spices and soda. Cream butter or margarine with sugar and golden syrup, beat in egg. Mix in sifted ingredients alternately with milk. Place in a greased ring cake tin and **bake in a very moderate oven 30 to 35 minutes**. Turn out on dish. Fill centre with hot stewed apples and serve hot with cream or custard.

FRUIT FRITTERS

- | | |
|--|------------------------------------|
| 4 oz. (1 teacup) McALPIN'S S.R.
Flour | 1 Egg |
| Pinch of Salt | 3 tablespoons Milk |
| 1 tablespoon Sugar | Grated rind of $\frac{1}{2}$ Lemon |
| | Slices of Fruit |

Sift flour, salt and sugar. Separate white and yolk of egg. Beat yolk with milk and mix into sifted ingredients, making a batter. Whip white of egg stiffly and fold into batter. Dip slices of apple, banana, pineapple or whole dates into batter. Drop from a spoon into a deep pan of hot fat and fry golden brown. Drain on paper, dust with sugar.

SAVOURIES

TOMATO CHEESE PIE

1 quantity Short Pie Crust (page 30).

THE FILLING:

1 Onion	3 Tomatoes
Salt and Pepper	1 dessertspoon Sugar

Line a deep pie plate or sandwich tin with $\frac{2}{3}$ of the pastry. Place in the sliced onion and sliced tomatoes. Season with salt, pepper and sugar. Pour cheese sauce over and cover with remaining pastry. Glaze with egg and milk, sprinkle with grated cheese and **bake in a moderate oven 30 to 35 minutes.**

CHEESE SAUCE:

1 oz. McALPIN'S Enriched Plain Flour	$\frac{1}{4}$ pint Milk
1 oz. Butter	3 oz. grated Cheese
	Salt and Pepper

Melt butter, stir in flour off the fire, return to heat, cook 1 minute. Add milk and stir to the boil. Mix in grated cheese, season with salt and pepper.

CHEESE STRAWS

3 oz. ($\frac{3}{4}$ teacup) McALPIN'S S.R. Flour	2 oz. grated Cheese
1 teaspoon Salt	2 oz. Butter
$\frac{1}{4}$ teaspoon Cayenne Pepper	1 Egg Yolk
Squeeze of Lemon Juice	1 teaspoon Water

Sift flour, salt and cayenne pepper. Rub in butter, then add cheese. Mix to a fairly stiff dough with the beaten egg yolk, water and lemon juice. Turn on to floured board. Knead lightly and roll out thinly. Cut into straws, and place on greased tray. **Bake in a moderate oven 10 minutes.**

ASPARAGUS STICKS

8 oz. (2 teacups) McALPIN'S S.R. Flour	1 Egg
$\frac{1}{2}$ teaspoon Salt	$\frac{1}{2}$ teacup Milk
1 tablespoon Butter	1 tin Asparagus Tips

Sift flour and salt. Rub in butter, mix into soft dough with beaten egg and milk. Turn on floured board. Knead slightly, cut into 12 pieces. Roll each piece into a stick about 3 inches long. Place on a greased tray. Glaze with egg and **bake in a very hot oven 8 to 10 minutes.** When cold, split, butter and spread with mayonnaise. Place a piece of asparagus in each stick.

EASTERN PUFF SAUSAGES

6 oz. ($1\frac{1}{2}$ teacups) McALPIN'S S.R. Flour	2 Eggs
$\frac{3}{4}$ teaspoon Salt	$\frac{1}{4}$ pint Milk
2 teaspoons Curry Powder	2 oz. Bacon
1 dessertspoon Tomato Sauce or Chutney	1 lb. Sausages
	3 slices Pineapple

Sift flour, salt and curry powder, beat in eggs, milk and tomato sauce or chutney making a batter. Place sausages in well-greased dish, sprinkle with small pieces of pineapple. Pour batter over and **bake in a moderately hot oven 30 to 40 minutes.** Serve hot garnished with sliced pineapple, parsley, and grilled bacon.



WHOLEMEAL SAVOURY TONGUE SQUARES

(As Illustrated)

- | | |
|-----------------------------------|-----------------------|
| 1 quantity Wholemeal Short Pastry | 2 hard-boiled Eggs |
| (page 30) | 1½ teaspoons Gelatine |
| 4-6 cooked Sheep's Tongues | 4 Gherkins |
| ½ pint Tomato Juice | |

Prepare pastry and bake into a square unfilled case following directions (page 32).

Dissolve gelatine in ½ cup boiling water, add to tomato juice with 2 gherkins (cut small). Cut tongues into halves and place in pastry case with sliced hard boiled eggs. Pour over the tomato juice mixture and set in refrigerator. When cold cut into squares. Decorate with gherkins, hard boiled egg and salad vegetables.

CHEESE BOATS

- | | |
|---------------------------------|------------------------|
| 4 oz. (1 teacup) McALPIN'S S.R. | 2 oz. Butter |
| Flour | 2 oz. Grated Cheese |
| ½ teaspoon of Salt | 1 Egg |
| Few shakes Cayenne Pepper | 1 teaspoon Lemon Juice |

Sift flour, salt and cayenne pepper. Rub in butter, add grated cheese. Mix to a firm dough with beaten egg and lemon juice. Turn on floured board, knead slightly and roll out very thinly. Line boat-shaped patty tins with this pastry and fill with:—

CHEESE FILLING:

- | | |
|-----------------------------|----------------------------------|
| 6 tablespoons grated Cheese | Salt, Cayenne Pepper and Mustard |
| 1 Egg | to flavour |
| 1 dessertspoon Butter | |

Soften butter, beat egg, and mix all ingredients together. Place filling in prepared boats, using a teaspoon. Bake in a moderately hot oven 10 to 12 minutes.

STEAK & KIDNEY PUDDING

THE PASTRY:

- | | |
|---------------------------------|---------------------|
| 4 oz. (1 teacup) McALPIN'S S.R. | ½ teaspoon Salt |
| Flour | 3 oz. shredded Suet |
| 2 oz. (½ teacup) McALPIN'S | 4 tablespoons Water |
| Enriched Plain Flour | |

Sift flour and salt, rub in suet, mix into a dough with water. Cut off one-third. Roll the larger piece into a round and fit into a greased basin. Roll the smaller piece into a round to cover the top. Fill the basin with the Filling. Pour in a little water; cover with the pastry top. Place a greased paper over it and steam 1½ hours if meat is previously cooked, or 3 hours if meat is used raw.

FILLING:

- | | |
|-----------------------------------|---------------------------|
| 1 dessertspoon McALPIN'S Enriched | Few shakes Pepper |
| Plain Flour | ¾ lb. Skirt Steak |
| ¾ teaspoon Salt | 2 Sheep's Kidneys or ¼ Ox |
| | Kidney |

Cut meat and kidneys into small pieces, roll in flour, pepper and salt. Simmer gently in a little water for 1 hour or place prepared meat in pudding and steam for the longer time.

EGG & BACON PIE

- 1 quantity Rough Puff Pastry (page 30)

THE FILLING:

- | | |
|---------------------|--------------------------------|
| 4 oz. Bacon Rashers | 1 dessertspoon chopped Parsley |
| 4 Eggs | or Chives |
| | Pepper and Salt |

Divide the pastry into halves. Line a pie plate or oblong tin with one-half of the pastry. Remove rind from bacon and cut into 2 inch length. Bring to boil in water. Drain and cool. Place bacon in pastry case, break eggs over bacon and spread yolks slightly. Season with salt and pepper and sprinkle on the parsley or chives. Cover tart with remaining pastry. Glaze with egg and milk. Bake in a moderately hot oven 25 to 30 minutes.

SAUSAGE PUFF (Economical)

- | | |
|----------------------------------|-------------------------|
| 8 oz. (2 teacups) McALPIN'S S.R. | 1 lb. Cocktail Sausages |
| Flour | 1 Egg |
| ½ teaspoon Salt | 5 tablespoons Milk |
| 1 dessertspoon chopped Chives | 1 oz. Butter |
| Few shakes Pepper | |

Sift flour, salt and pepper. Rub in butter, add chives. Mix into a light soft dough with beaten egg and milk. Grease two sandwich tins. Place half the mixture in each tin. Place the sausages on top like the spokes of a wheel. Press sausages into dough. Glaze with egg and milk. Bake in a moderately hot oven 15 to 20 minutes. Serve cut into triangles with hot tomato or tomato sauce.

CHEESE BALLS

- | | |
|------------------------|-----------------|
| Choux Pastry (page 30) | 1 teaspoon Salt |
| 2 oz. grated Cheese | Cayenne Pepper |
| ½ teaspoon Mustard | |

Prepare choux pastry adding the salt, cayenne and mustard with the flour. Lastly, mix in almost all the cheese. Drop mixture in teaspoonfuls into hot fat and fry until a golden brown. Drain on paper and roll in grated cheese. Serve hot.



CHEESE RINGS (As Illustrated)

8 oz. (2 teacups) McALPIN'S S.R.	2 oz. grated Cheese
Flour	2 Gherkins
$\frac{1}{2}$ teaspoon Salt	1 Egg
2 oz. Butter or Margarine	$\frac{1}{4}$ pint Milk

Sift flour and salt, rub in butter or margarine, add $\frac{3}{4}$ of the cheese and the gherkin (cut small). Mix into a dough with beaten egg and milk. Roll out $\frac{1}{4}$ inch in thickness, cut into rings using two cutters. Place on greased tray. Glaze with egg and milk and sprinkle with grated cheese. **Bake in a moderately hot oven 10 to 12 minutes.** When cool, split and fill with Cream Cheese (page 63).

CHEESE HIGH CASSEROLE

THE TOPPING:

2 oz. ($\frac{1}{2}$ teacup) McALPIN'S S.R.	$\frac{1}{2}$ pint Milk
Flour	3 Eggs
$\frac{1}{4}$ teaspoon Salt	1 cup grated Cheese
2 oz. Butter	1 teaspoon Worcestershire Sauce

Sift flour and salt. Melt butter in saucepan, add sifted ingredients, stir until smooth, cook 1 minute. Add milk, cook, stirring until thick. Cool, beat in egg yolks, Worcestershire Sauce and cheese. Whip egg whites stiffly, fold into mixture. Turn on to Savoury Meat Filling in casserole. **Bake in pan of hot water in a moderately hot oven 45 to 50 minutes.** Serve at once.

MEAT FILLING:

$\frac{1}{2}$ lb. Minced Steak	1 tablespoon Dripping
1 Onion (cut finely)	1 tablespoon McALPIN'S Enriched
1 teaspoon Salt	Plain Flour
Few shakes Pepper	2 tablespoons Water

Melt dripping in saucepan, fry onion until brown, add minced steak, fry again, add flour, salt and pepper. Stir well, add water. Cook slowly, stirring for 5 minutes. Turn into casserole.

WHOLEMEAL SALMON SAVOURIES

THE BISCUIT:

2 oz. ($\frac{1}{2}$ teacup) McALPIN'S
"Procera" S.R. Wholemeal
2 oz. Fresh Bread Crumbs
 $\frac{1}{4}$ teaspoon Salt

2 oz. Margarine
2 oz. Grated Cheese
Flavour of Cayenne Pepper and
Mustard

Mix wholemeal, salt, mustard and pepper, rub in margarine, add breadcrumbs and cheese. Work into a paste with the hand. Roll out $\frac{1}{4}$ inch in thickness. Cut into 3 inch round biscuits. Place on tray, prick well and **bake in a very moderate oven 10 to 15 minutes.**

THE SALMON MOULD:

1 oz. McALPIN'S Enriched Plain
Flour
1 oz. Butter
 $\frac{1}{2}$ lb. tin Salmon
Few shakes Cayenne
 $\frac{1}{2}$ pint Milk

$\frac{1}{4}$ teaspoon Salt
1 dessertspoon Vinegar
1 level dessertspoon Gelatine
Cooked Green Peas
1 Gherkin

Melt butter, add flour, cook one minute, add milk, stir to the boil, add salmon, vinegar, salt and cayenne. Dissolve gelatine in two tablespoons water, add it with the peas and gherkin cut into slices. When beginning to set, place in round moulds and set firmly. Serve on crisp biscuits with garden salad.

PINEAPPLE OR TOMATO SPLITS

8 oz. (2 teacups) McALPIN'S S.R.
Flour
1 level teaspoon Salt
Few shakes Cayenne Pepper
1 oz. Butter

2 oz. grated Cheese
1 Egg
 $\frac{1}{4}$ pint Milk
1 dessertspoon chopped Chives or
Parsley

Sift flour, salt and cayenne, rub in butter, add cheese and chives or parsley. Mix into a light dough with beaten egg and milk. Turn on floured board, knead lightly and roll out $\frac{1}{4}$ inch in thickness. Cut into rounds. Brush tops with melted butter and fold over. Place on greased tray. Glaze with egg and milk and **bake in a hot oven 8-10 minutes.** When cold, open and spread with mayonnaise or cream cheese and insert a slice of tomato or pineapple.

PINEAPPLE & HAM PUFFS

4 oz. (1 teacup) McALPIN'S S.R.
Flour
 $\frac{1}{4}$ teaspoon Salt
Few shakes Cayenne Pepper
1 oz. Butter or Margarine

1 Egg
1 dessertspoon Milk
1 tablespoon Mayonnaise
 $\frac{1}{2}$ cup chopped cooked Ham
 $\frac{1}{2}$ cup diced canned Pineapple

Sift flour, salt and cayenne, rub in butter or margarine, add ham and pineapple. Mix into a light dough with mayonnaise, beaten egg and milk. Drop teaspoonfuls into deep hot fat and fry gently until a golden brown. Drain on paper and serve hot with veal cutlets or sausages or cold on cocktail sticks for supper. Substitute bacon for ham and serve with fried or grilled bacon for breakfast.



SAVOURY LOAF (As Illustrated)

**8 oz. (2 teacups) McALPIN'S S.R.
Flour**

1½ level teaspoons Salt

2 oz. Butter or Margarine

2 Gherkins

1 dessertspoon chopped Parsley

1 dessertspoon chopped Chives

1 Egg

4 tablespoons Tomato Puree

2 tablespoons Milk

Sift flour and salt, rub in butter or margarine, add gherkins (cut small), parsley and chives. Mix into a light dough with beaten egg, tomato puree and milk. Place in a greased oblong cake tin. **Bake in a moderately hot oven 25 to 30 minutes.** Turn on a hot dish, border with savoury meat mixture. Garnish with grilled tomatoes and rolls of grilled bacon.

SAVOURY MEAT MIXTURE:

**1 dessertspoon McALPIN'S Enriched
Plain Flour**

¾ lb. Minced Steak

¼ Ox Kidney

1 Onion

¼ teaspoon Mustard

1 teaspoon Salt

Few shakes Pepper

½ tin Tomato Puree

**1 dessertspoon Worcestershire
Sauce**

Chop onion and kidney finely, mix with steak, flour, mustard, salt and pepper. Add tomato puree and sauce. Stir well, bringing to boil **and simmer gently for ½ hour.**

For tomato puree use ½ small tin tomato soup in the savoury loaf and ½ in the meat mixture.

FISH IN BATTER

Prepare the batter from the Lemon and Jam Pancake recipe (page 42), but reduce the milk to ¾ teacup, using a little more if necessary. The consistency of the batter should be thick enough to coat the fish. Dip fish fillets into batter. Drop into a deep pan of hot fat. Fry golden brown. Drain on paper. Serve with slices of lemon.

SHORT CRUST PASTRY

One lb. plain flour,
two level teaspoons bak-
ing powder, half tea-
spoon salt, eight oz. but-
ter or margarine, ten ta-
blespoons cold water. A
good squeeze of lemon
juice.

Sift the flour, baking
powder and salt into a
bowl and rub in the
butter or margarine.
Add the water and le-
mon juice and mix to a
firm dough. Turn
out on a floured board
and knead until
smooth and elastic.
Roll to the size and
shape required and
bake in a hot oven.

Blackhead Smelts

14 eggs 11 flms

2 deep furrowed tracks

1 egg

egg (medium)

10 deep tracks

8 young fish

100 yd from shore

Shrimps

3 y fully

shrimps

2 y fully

5 deep strong eggs

YEAST GOODS

YEAST BUNS

- | | |
|---------------------------------------|---------------------------|
| 1 lb. (4 teacups) McALPIN'S | 2 oz. Butter or Margarine |
| Enriched Plain Flour | 2 oz. Currants |
| 1 teaspoon Salt | 2 oz. Sultanas |
| 2 oz. Sugar | 1 Egg |
| ½ oz. Compressed Yeast or Dried Yeast | ½ pint lukewarm Milk |

Sift flour and salt into a warm basin making a hollow in the centre. Dissolve yeast in 3 tablespoons lukewarm milk with 1 dessertspoon of the sugar. Stand in a warm place for 5 minutes, stirring occasionally. Pour yeast mixture into the flour, beat in a little flour then add the beaten egg, milk and melted butter. Sprinkle the sugar and fruit round the flour and stir liquids well into the flour and fruit, making a moist dough. Cover and set in a warm place until dough doubles its size. Turn on floured board, knead well and cut into 16 pieces. Shape into round buns, place on warm greased tray and prove in a warm place for 10 to 15 minutes. **Bake in a hot oven 12 to 15 minutes.** Glaze with Bun Syrup on taking buns from oven. Cool on cake wire.

- BUN SYRUP:** 2 oz. Sugar 3 tablespoons Water

Dissolve sugar in water, then boil to a thin syrup.

YEAST CAKE

- | | |
|---------------------------------------|-----------------------|
| 12 oz. (3 teacups) McALPIN'S | 4 oz. Butter |
| Enriched Plain Flour | 2 oz. Sugar |
| ½ teaspoon Salt | 6 oz. Mixed Fruit |
| ½ teaspoon grated Nutmeg | 1 Egg |
| 1 oz. Compressed Yeast or Dried Yeast | ¼ pint lukewarm Water |

Sift flour, salt and nutmeg into warm basin. Dissolve yeast in lukewarm water with 1 dessertspoon sugar. Set in a warm place for 5 minutes. Pour yeast mixture into a hollow in the centre of flour, stir in a little flour and set in a warm place for 10 minutes. Add beaten egg and sugar and fruit and mix into a dough. Lastly, mix in melted butter, which must not be hot. Beat well and pour mixture into a greased 7 inch square tin. Cover and set in a warm place until mixture doubles its size. **Bake in a hot oven 30 to 35 minutes.** When still warm ice top with Soft Icing (page 61). Sprinkle with spice and chopped nuts.

ORANGE BREAD

- | | |
|-----------------------------|---------------------------------------|
| 1 lb. (4 teacups) McALPIN'S | ¾ oz. Compressed Yeast or Dried Yeast |
| Enriched Plain Flour | 2 oz. Sugar |
| 2 level teaspoons Salt | 1 Egg |
| 2 Oranges | ¼ pint warm Water |
| 2 oz. Butter or Margarine | |

Sift flour and salt into a warm basin, add grated rind of oranges and sugar. Dissolve yeast with 1 dessertspoon sugar and warm water and stand in a warm place for 5 minutes. Mix in the egg yolk, orange juice and melted butter. Mix flour into a dough with the liquid. Turn on floured board, knead well, return to basin, cover and set in a warm place until dough doubles its size. Knead again and shape into 2 loaves. Place in greased tins, prove for 15 minutes or until the loaves are nicely rounded. **Bake in a very hot oven 30 to 35 minutes.**



BREAD ROLLS (As Illustrated)

1 lb. (4 teacups) McALPIN'S
Enriched Plain Flour
2 level teaspoons Salt
 $\frac{1}{2}$ oz. Compressed or Dried Yeast

1 dessertspoon Sugar
1 Egg
1 oz. Butter or Margarine
 $\frac{1}{2}$ pint lukewarm Milk

Sift flour and salt into a warm basin. Dissolve yeast and sugar in 3 tablespoons of lukewarm milk and set in a warm place for 5 minutes, stirring occasionally. Beat egg, add remaining warm milk and melted butter to it. Hollow out the centre of the flour in basin, pour in the yeast mixture, beat in a little flour, then pour in the egg, milk and butter and beat together making a moist dough. Knead on a floured board, return to basin, cover with a cloth and set in a warm place until dough doubles its size. Knead again, cut into 16 pieces and shape into rolls. Place on a warm greased tray, cover and prove in a warm place for 10 to 15 minutes. Glaze with beaten egg and milk. **Bake in a hot oven 15 to 20 minutes.**

CLOVER LEAF ROLLS

Bread Roll Dough (see above). Cut into 16 pieces then cut each piece into 3. Roll into small balls, place 3 balls in each greased queen cake tin. Prove in a warm place 10 to 15 minutes. Glaze with egg and milk, and, if liked, sprinkled with Poppy Seeds. **Bake in a hot oven 10 to 15 minutes.**

SCONES, LOAVES & TEA CAKES

PLAIN SCONES

8 oz. (2 teacups) McALPIN'S S.R.

Flour

1/2 teaspoon Salt

1 oz. Butter

1/4 pint (6 tablespoons) Milk

Sift flour and salt, then rub in butter. Mix to a light dough with milk. Turn on to a floured board, knead slightly, pat out to 1/2 inch thickness and cut into shapes. Place on a greased tray. Glaze with egg and milk or milk only. **Bake in a very hot oven 6 to 10 minutes according to the size of the Scones.**

FRUIT SCONES

To Plain Scone Mixture add 2 ^{dessertspoons} ~~tablespoons~~ castor sugar, 1 teacup fruit (dates, sultanas or currants), and 1 beaten egg, and reduce the milk to 3 tablespoons.

WHOLEMEAL FRUIT SCONES

To Wholemeal Scone Mixture (page 53) add an extra dessertspoon Sugar and 1 teacup Dates or Raisins cut into small pieces.

GRIDDLE SCONES

1 quantity Plain Scone Mixture (see above)

Prepare scone mixture, divide dough into 3 portions. Roll each piece into a flat round shape 1/2 inch in thickness. Mark across into 6 triangles. Heat griddle or large frying pan. Rub over with very little dripping. Place in scones. **Cook 5 minutes on one side, turn over and cook another 5 minutes using gentle heat.**

GEM SCONES

4 oz. (1 teacup) McALPIN'S S.R.

Flour

Pinch of Salt

3 dessertspoons Sugar

1 1/2 oz. Butter

1 Egg

5 tablespoons Milk

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in sifted ingredients alternately with the milk. Heat a set of gem irons in the oven and grease with dripping. Place a dessertspoonful of the batter in each cup. **Bake in a moderately hot oven for 10 to 12 minutes.**

DROP SCONES (OR PIKELETS)

4 oz. (1 teacup) McALPIN'S S.R.

Flour

Pinch of Salt

2 tablespoons Castor Sugar

1 Egg

3 to 5 tablespoons Milk

Sift flour, salt and sugar. Make a well in centre of mixture and break in egg. Mix slightly, then gradually mix in the milk until batter is of right consistency. Batter should not run quickly off spoon when held up, but should fall in heavy drops. Rub hot pan or electric hot plate with buttered paper, and drop mixture on in teaspoonfuls. **Cook until scones begin to bubble, then turn with broad knife.**



CHEESE SCONES (As Illustrated)

8 oz. (2 teacups) McALPIN'S S.R.

Flour

1 oz. Butter, Margarine or Lard

$\frac{3}{4}$ teaspoon Salt

Pinch of Cayenne Pepper

2 oz. grated Cheese

$\frac{1}{4}$ pint (6 tablespoons) Water

1 Egg

Sift the flour, salt and cayenne, then rub in the butter, margarine or lard. Add the grated cheese and mix to a light dough with the water and beaten egg. Turn on to a floured board, knead lightly and pat out to $\frac{1}{2}$ inch thickness. Cut into small scones. Place on greased tray. Glaze with egg and milk and bake in a very hot oven 6 to 10 minutes.

WHOLEMEAL SCONES

8 oz. (2 teacups) McALPIN'S

"Procera" S.R. Wholemeal

$\frac{1}{4}$ teaspoon Salt

1 oz. Butter

1 level dessertspoon Castor Sugar

$\frac{1}{4}$ pint plus 1 tablespoon Milk

Mix wholemeal, salt and sugar. Rub in butter. Mix into a dough with the milk, using a knife. Turn on floured board, knead until smooth. Roll $\frac{1}{2}$ inch in thickness. Cut into scones. Place on greased tray having $\frac{1}{4}$ inch between each scone. Glaze the tops with milk. **Bake in a very hot oven 8 to 12 minutes.**

One small egg and 6 tablespoons milk may be used to mix the dough in place of the milk in recipe.

McAlpin's "Procera" S.R. Wholemeal, being 100 per cent. wholegrain, produces a slightly coarser scone. Should you prefer a finer scone than can be made from wholegrain meal, use 6 oz. of McAlpin's "Procera" S.R. Wholemeal with 2 oz. McAlpin's S.R. Flour in place of the 8 oz. "Procera" S.R. Wholemeal in your scone recipe.

FRUIT BONES

Three cups soft-raised flour, quarter teaspoon salt, quarter teaspoon nutmeg or spice, one and half tablespoons butter, three tablespoons sugar, six tablespoons mixed fruit, one egg and three quarter cup milk or half a pint of milk less one tablespoon.

Sift the flour, salt and spices and rub in the butter before adding the sugar and fruit. Beat the egg and add to the milk then use this mixture to mix the flour to a soft dough. Turn on to a floured board and knead lightly. Roll to about three quarter inch in thickness, cut into shapes, glaze the tops with milk and bake at 425 for about 15 minutes.

DOUGHNUTS

8 oz. (2 teacups) McALPIN'S S.R.

Flour

Pinch of Salt

1 oz. Butter or Margarine

1 Egg

4 tablespoons Milk

1 dessertspoon Sugar

Sift flour, salt and sugar. Rub in butter or margarine. Mix into a light dough with beaten egg and milk. Turn on floured board. Knead until smooth. Roll out $\frac{1}{4}$ inch in thickness. Cut into rounds, cut out the centres with a smaller cutter. **Drop into deep hot fat, fry 5 to 6 minutes, turning the doughnuts over in the fat.** Drain on paper and dust with sugar. Fry the small centre pieces, drain and dust with cinnamon and sugar.

OATMEAL MUFFINS

4 oz. (1 teacup) McALPIN'S S.R.

Flour

$\frac{1}{4}$ teaspoon Bicarbonate of Soda

$\frac{1}{4}$ teaspoon Salt

3 tablespoons Rolled Oats and

3 tablespoons Sour Milk

2 oz. Butter or Margarine

2 oz. Brown Sugar

1 Egg

} (soaked together for 1 hour)

Sift flour, soda and salt. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients alternately with soaked oatmeal. Two-thirds fill greased muffin tins with the mixture. **Bake in a moderately hot oven 15 to 20 minutes.**

NOTE. — To make the milk sour, add 1 teaspoon vinegar or lemon juice.

FRUIT & SPICE FINGERS

8 oz. (2 teacups) McALPIN'S S.R.

Flour

$\frac{1}{4}$ teaspoon Salt

2 oz. Butter or Margarine

1 Egg

1 oz. Castor Sugar

5 tablespoons Milk

Sift flour and salt, rub in butter or margarine, add sugar. Mix into a light dough with beaten egg and milk. Turn on floured board, knead until smooth. Roll into an oblong $\frac{1}{4}$ inch in thickness. Spread with the filling, wet edges and fold over. Press firmly, cut into strips $\frac{3}{4}$ inch wide. Prick with a fork. Place on greased tray. Glaze with egg and milk. **Bake in a moderately hot oven 12 to 15 minutes.**

THE FILLING:

2 oz. Brown Sugar

1 teaspoon Cinnamon

$\frac{3}{4}$ cup cut Raisins or Dates

$1\frac{1}{2}$ oz. Butter

Melt butter, blend into ingredients.

BUTTER FINGERS

8 oz. (2 teacups) McALPIN'S S.R.

Flour

$\frac{1}{4}$ teaspoon Salt

1 dessertspoon Castor Sugar

1 oz. Butter

1 Egg

3 tablespoons Milk

Sift flour, salt and sugar, rub in butter. Mix into a dough with beaten egg and milk. Roll out $\frac{1}{4}$ inch in thickness, cut into finger shapes. Melt 2 oz. butter, pour half of it into a Swiss Roll tin. Place the finger shapes into the butter. Brush the tops with the remaining butter and sprinkle with chopped nuts and sugar. **Bake in a moderately hot oven 10 to 12 minutes.** When cold split and fill with Lemon Butter or Jam.



WHOLEMEAL APRICOT & RAISIN LOAF

(As Illustrated)

- | | |
|--|---|
| 8 oz. (2 teacups) McALPIN'S
"Procera" S.R. Wholemeal
¼ teaspoon Salt
½ teaspoon Mixed Spice
2 oz. Butter or Margarine | 2 oz. Castor Sugar
2 oz. Dried Apricots
2 oz. Raisins
1 Egg
¼ pint plus 2 tablespoons Milk |
|--|---|

Cut up apricots with scissors and soak in milk. Mix wholemeal, salt and spice, rub in butter or margarine. Add sugar and raisins (cut small). Mix into a moist dough with beaten egg and milk containing the apricots. Place in a greased loaf tin. **Bake in a moderately hot oven 40 to 45 minutes.**

TEA LOAVES

- | | |
|---|--|
| 8 oz. (2 teacups) McALPIN'S S.R.
Flour
Pinch of Salt
2 oz. Margarine, Lard or Butter | 1 Egg
2 tablespoons Castor Sugar
1 teacup Milk
A few drops Essence of Lemon |
|---|--|

Sift flour and salt, rub in margarine, lard or butter, add sugar. Beat egg, add milk to it. Mix the flour into a light dough with the egg, milk and essence, keeping over a little for glazing. Cut off ⅓ of the dough. Divide each piece into four. Roll the pieces into balls with the hands, making a hole in the centre of each small ball. Flatten the balls slightly and place the larger ones on a greased tray. Glaze with the egg and milk. Place the smaller pieces on top. Glaze again and **bake in a hot oven 15 to 20 minutes.**

24 Melcombe Road
Leamington 3079

Wednesday.
9.1.73.

probably snowed -
a bit before 3 AM or
it was really good
night - not too hot
my jacket off soon
put it on again
up with petrol first
we had a very good
50 M.P.H. all the way -
here the detector was
in position "on" alarm

almost birthday &
on a ship. He is
the youngest in the
thing I know it was
a old man like
- Boy to help him
and other things
up. I don't know
I was going to
be left - I don't
I then went back to
a friends place &
I did a bit
and I saw & saw

★ RAISED JAM ROLLS

One and a half cups
self-rising flour, four
tablespoons milk, one
tablespoon sugar, one
teaspoon salt, one
egg, one cup one-third
cup milk, jam.

Roll the flour with the
egg. Push in the butter
and add the sugar. Beat
the egg and mix with the
milk. Stir into the
dry ingredients making
into a medium dough.
Turn on to a floured
board and knead slightly.
Roll to an oblong shape.

Spread in within half
an inch of the edges with
jam. Roll up like a jelly
roll. Bake in a greased
bake dish in a mod-
erate oven for about 25
minutes. Serve with but-
ter, custard or sweet
white sauce.

MRS G. C. Cofac. — The
other day I tasted a
small cake like a snow-
ball. I was told that the
little cakes were dipped
in a custard-like mixture
and then rolled in coco-
nut. Have you the recipe?

This recipe from my
files appears to be the
one you want.

SNOW CAKES

Three oz. butter, three
oz. sugar, two eggs, two
tablespoons milk, half a
teaspoon vanilla, five oz.
self-rising flour.

FROSTING: One
tablespoon cornflour, one
cup milk, two table-
spoons castor sugar, one
tablespoon butter, van-
illa, desiccated coconut.

Make the cakes by
beating the butter and
sugar to a cream.

Add the well - beaten
egg and milk, then the
sifted flour and vanilla.

Spoon into greased
patty tins and bake in a
moderate oven for about
15 minutes. Cool.

For the frosting, blend
the cornflour with the
milk and stir over a
medium heat until
thickened.

Cook two minutes. Al-
low to cool, stirring oc-
casionally.

Beat the butter and
castor sugar to a cream,
then gradually beat in
the thickened milk,
whipping until light.
Flavor with vanilla.

Use to cover the patty
cakes, then roll in des-
iccated coconut. Allow to
set.

Try Buster King's Page 84
Snow Cakes. Gypsum page
Cook.

WHOLEMEAL HONEY NUT BUNS

8 oz. (2 teacups) McALPIN'S "Procera" S.R. Wholemeal
 1/2 teaspoon Salt
 1 oz. Butter or Margarine
 1 oz. Brown Sugar
 1/4 pint plus 1 tablespoon Milk

Mix wholemeal and salt, rub in butter or margarine, add sugar and blend into a scone dough with milk. Roll out 1/2 inch in thickness, cut into small scones. Place scones in prepared patty pans and **bake in a hot oven 8 to 10 minutes**. Invert pan over wax paper. Serve hot with butter.

To prepare patty pans:—Grease well, place piece of walnut in each, then a teaspoonful of honey and cinnamon blended together in proportion of 1/4 cup honey with 1/2 teaspoon cinnamon.

GRIDDLE CAKE ROLLS

8 oz. (2 teacups) McALPIN'S S.R. Flour
 3-4 oz. Castor Sugar according to sweetness required
 1 dessertspoon Butter
 1 small Egg
 1/2 pint Milk

Sift flour and sugar. Mix into a batter with egg and milk. Lastly, add melted butter. Put out on greased griddle with a tablespoon. Cook on one side, turn over and re-cook. Roll up and cool in a cloth.

WHOLEMEAL ORANGE TWISTS

4 oz. (1 teacup) McALPIN'S "Procera" S.R. Wholemeal
 Pinch of Salt
 2 oz. Butter
 2 oz. Castor Sugar
 1 Egg
 Grated Rind of 1 Orange
 Juice 1/4 Orange

Mix wholemeal, salt and orange rind, rub in butter, add sugar. Beat egg, add 3/4 of it to the orange juice. Use this to mix the ingredients into a fairly firm dough. Roll into an oblong. Cut into strips 1/2 inch wide by 3 inches long. Twist, brush with egg, dust with sugar. Place on greased tray, **bake in a moderately hot oven 15 to 20 minutes**.

BANANA & ORANGE LOAF

8 oz. (2 teacups) McALPIN'S S.R. Flour
 Pinch of Salt
 2 oz. Butter
 3 oz. Sugar
 1 Banana
 Grated rind and juice 1/2 Orange
 1 Egg
 1/4 pint Milk

Sift flour and salt. Cream butter and sugar, add egg gradually. Mix in sifted ingredients alternately with milk. Lastly, mix in mashed banana, orange rind and juice. Turn into a greased oblong tin. **Bake in a moderately hot oven 30 to 40 minutes**.

WHOLEMEAL FRUTTI LOAF

8 oz. (2 teacups) McALPIN'S "Procera" S.R. Wholemeal
 1/4 teaspoon Salt
 2 oz. Butter or Margarine
 2 oz. Castor Sugar
 1 Egg
 1/4 pint (6 tablespoons) Milk
 1 teaspoon ground Nutmeg or Mace
 2 oz. Preserved Cherries
 2 oz. Raisins
 1 oz. Angelica
 2 oz. Walnuts

Mix wholemeal and salt, rub in butter or margarine. Add sugar, ground nutmeg or mace, fruit and nuts. Mix into a soft dough with the beaten egg and milk. Place in a greased log cake tin. **Bake in a moderately hot oven 35-40 minutes**.



DAISY TEA CAKE (As Illustrated)

12 oz. (3 teacups) McALPIN'S S.R.	2 oz. Castor Sugar
Flour	1 Egg
Pinch of Salt	8 tablespoons Milk
3 oz. Butter ..	

Sift flour and salt. Cream butter and sugar, beat in egg gradually. Mix in sifted ingredients alternately with the milk. Roll dough into a circle 12 inches in diameter on greased oven tray. Place a glass tumbler in the centre. Starting at the edge of the glass cut the dough in quarters then each quarter into five, thus making twenty strips. Twist two strips together, pinch edges to seal, making ten twists. Coil each twist up towards centre of daisy. Remove tumbler. Twist one coil up and lay on centre. Place a spoonful of jam in centre of each roll. **Bake in a moderately hot oven 20 to 25 minutes.** Run soft icing round the rolls and serve.

WHOLEMEAL TEA CAKE

4 oz. (1 teacup) McALPIN'S	Grated rind of $\frac{1}{2}$ Lemon
"Procera" S.R. Wholemeal	3 tablespoons Milk
$\frac{1}{4}$ teaspoon Salt	1 Apple
2 oz. Butter or Margarine	$\frac{1}{4}$ teaspoon Cinnamon
3 oz. Brown Sugar	1 tablespoon Castor Sugar
1 Egg	

Mix wholemeal and salt. Cream butter or margarine and brown sugar, beat in egg, add grated lemon rind. Mix in wholemeal alternately with milk. Place in a 7 inch greased sandwich tin. Peel and grate apple, place on top of tea cake. Sprinkle with cinnamon and sugar. **Bake in a moderate oven 25 to 30 minutes.**

CHILDREN'S PARTY BAKING

PIGS IN BLANKETS

4 oz. (1 teacup) McALPIN'S S.R.
Flour

4 oz. (1 teacup) McALPIN'S
Enriched Plain Flour

¼ teaspoon Salt

4 oz. Margarine

3 tablespoons Water

1 lb. thin Sausages or

½ lb. Cocktail Frankfurts

Sift flour and salt, rub in margarine. Mix into a firm dough with water. Roll out thinly. Cut into strips 2 inches wide. Twist each sausage into 3 single small ones or use single frankfurts. Roll in pastry, sealing with beaten egg and milk. Place on tray. Glaze with egg and milk. **Bake in a moderately hot oven 15 to 20 minutes.** Serve with salad.

CHOCOLATE BALLS

6 oz. (1½ teacups) McALPIN'S S.R.
Flour

Pinch of Salt

1 rounded tablespoon Cocoa

3 oz. Butter

3 oz. Castor Sugar

1 Egg

¼ teaspoon Vanilla Essence

Sift flour, cocoa and salt. Cream butter and sugar, beat in egg and vanilla essence. Mix in sifted ingredients. Allow to become firm. Roll into small balls. Place on greased tray. Mark with a fork. **Bake 12-15 minutes in a moderate oven.** When cold join in pairs with chocolate icing (page 61).

CHEESE FLAP JACKS

4 oz. (1¼ teacups) McALPIN'S S.R.
Cake Flour

1 Egg or 2 Yolks

½ teaspoon Salt

2 oz. grated Cheese

¼ pint plus 3 tablespoons Milk

2 Gherkins

Sift flour and salt. Beat egg, add milk to it. Mix flour into a batter with egg and milk. Add cheese and chopped gherkin. Drop in dessertspoonfuls on to a hot greased griddle or fry pan. **Fry golden brown, turn over and fry again.** Cool in a cloth.

CHEESE LILIES

1 quantity Cheese Flap Jacks
(see above)

Gherkins, Pineapple and Tomato

1 quantity Cream Cheese (page 63)

Prepare the Cheese Flap Jacks and shape into lilies, securing with tooth picks. Pipe Cream Cheese into the centre of each lily and stick in a piece of gherkin, pineapple or tomato.

WHOLEMEAL CORNFLAKE DROPS

4 oz. (1 teacup) McALPIN'S
"Procera" S.R. Wholemeal

Pinch of Salt

2 oz. Butter or Margarine

2 oz. Castor Sugar

1 Egg

½ cup chopped Dates or Raisins

Cornflakes

Mix wholemeal and salt. Cream butter or margarine and sugar, beat in egg gradually. Mix in dry ingredients, dates or raisins. Drop teaspoonfuls of the mixture into cornflakes, roll into balls. Place on greased tray allowing space for spreading. **Bake in a moderate oven 10 to 12 minutes.**



ALPHABET CAKES (As Illustrated)

- | | |
|------------------------------------|----------------------------|
| 4 oz. (1¼ teaspoon) McALPIN'S S.R. | 6 oz. Butter |
| Cake Flour | 6 oz. Castor Sugar |
| 3 oz. (¾ teaspoon) McALPIN'S | 3 Eggs |
| Enriched Plain Flour | Grated rind of ½ Lemon |
| ¼ teaspoon Salt | 1 dessertspoon Lemon Juice |

Sift flour and salt. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients, lemon juice, and grated rind. Place mixture in a shallow greased oblong or square tin lined on the bottom with paper. Smooth the surface and sprinkle with a little water to prevent cake from cracking on top during baking. **Bake in a moderate oven 35 to 40 minutes.** Allow cake to stand a day or two before cutting. Cut cake into oblong pieces. Dip in apricot puree and stand for a day before icing. Ice cakes with Fondant Icing (page 61) and when set decorate and pipe letters on them using Royal Icing (page 62). The letters could spell "A Happy Birthday" or could be the initial letter from each child's name.

RASPBERRY CAKES

- | | |
|-----------------------------------|--------------------|
| 4 oz. (1 teaspoon) McALPIN'S S.R. | 1 Egg |
| Flour | 2 tablespoons Milk |
| Pinch of Salt | Pink color |
| 3 oz. Butter or Margarine | Raspberry Essence |
| 3 oz. Castor Sugar | |

Sift flour and salt. Cream butter or margarine and sugar. Beat in egg. Mix in the sifted flour alternately with the milk, pink color and essence. Put the mixture into greased patty tins or paper cases, using a dessertspoon. **Bake in a moderately hot oven 12-15 minutes.** When cold ice with pale pink Soft Icing (page 61) and decorate with cherries, raspberries, etc.



BERRY FLUFF (As Illustrated)

- | | |
|-------------------------------------|----------------------------|
| 1 quantity Sponge Fingers (page 13) | 2 oz. Sugar |
| 1 punnet Berries | $\frac{1}{2}$ oz. Gelatine |
| $\frac{3}{4}$ pint Water | 1 small tray Ice Cream |

Stew berries with water and sugar, rub through a sieve. Dissolve gelatine in berry syrup and allow to go cold but not set. Turn into a bowl, add ice cream and whip until thick and frothy. Serve in glass dishes or set in mould. Accompany with sponge fingers.

NOTE.—If canned berries are used, omit fresh berries, sugar and water given in recipe and make liquid in can up to $\frac{3}{4}$ pint with water.

MERINGUE SPONGE

- | | |
|-----------------------------------|------------------------|
| 1 quantity 2-Egg Sponge (page 26) | Apricot Jam |
| Lemon Butter | 4 oz. Castor Sugar |
| 3 Eggs | 2 oz. Blanched Almonds |

Prepare sponge mixture and place it in one 7-7 $\frac{1}{2}$ inch greased cake tin. **Bake in a very moderate oven 30 to 35 minutes.** When cold split twice and put together with lemon butter and apricot jam. Whisk whites of eggs until stiff, gradually beat in castor sugar making a meringue. Place cake on a board, spread meringue roughly over sides and top. Stick almonds into meringue. **Bake in a slow oven for 20 to 25 minutes** until meringue is tinted a golden color and set.

ICINGS, FILLINGS, ETC.

CHOCOLATE SOFT ICING

- | | |
|----------------------------|----------------------------|
| 8 oz. Icing Sugar | 1 teaspoon Vanilla Essence |
| 1 tablespoon Melted Butter | Warm Water |
| 2 dessertspoons Cocoa | |

Sift sugar and cocoa, add melted butter and vanilla essence. Mix with a little warm water until of spreading consistency.

CHOCOLATE BUTTER ICING

- | | |
|-------------------|--------------------|
| 3 oz. Icing Sugar | 1 tablespoon Cocoa |
| 1 oz. Butter | |

Sift sugar. Blend the cocoa into a thick paste with boiling water, mix in the icing sugar well. Soften the butter and work into the icing. When fairly firm use for a covering icing or for piping and decorating cakes.

ALMOND PASTE

- | | |
|--------------------|--------------------------|
| 8 oz. Almond Meal | 3 Egg Yolks |
| 8 oz. Icing Sugar | 1 tablespoon Sherry |
| 8 oz. Castor Sugar | Few drops Almond Essence |

Sift icing sugar, mix with almond meal and castor sugar. Beat the egg yolks with the sherry and almond essence. Add to dry ingredients, making it to a stiff paste. Turn out on to board dusted with icing sugar, then knead slightly. Roll out. If cake has risen unevenly, trim into even shape with sharp knife, and brush any loose crumbs off. Then brush over with egg white, and cover with almond paste. Press firmly, and make into neat shape with hands and rolling pin. **Allow to stand overnight before icing.**

FONDANT ICING

- | | |
|--------------|------------------------|
| 1 lb. Sugar | 1 dessertspoon Glucose |
| ½ pint Water | |

Place sugar, water and glucose in a saucepan. Dissolve the sugar, then **boil to 220 degrees F. (about 5 minutes)**, skim when cool and store in an airtight bottle. When fondant icing is required blend sifted icing sugar with this sugar syrup, making a covering consistency. Flavour with essence and color as desired.

SOFT ICING

- | | |
|-------------------|--|
| 4 oz. Icing Sugar | 1 tablespoon Liquid (Water, Fruit Juice, Coffee or Rose Water) |
|-------------------|--|

Sift icing sugar into a basin and add liquid gradually to make it the consistency of thick treacle. To color use icing color as desired.

PEANUT ICING

- | | |
|---------------------------|--------------------|
| 4 oz. Icing Sugar | 1 tablespoon Water |
| 2 teaspoons Peanut Butter | |

Sift sugar and beat with peanut butter to a smooth icing with water. Spread on the cakes.

SNOW ICING (Boiled)

1 lb. granulated Sugar	1/2 cup Water
1 teaspoon Vinegar	2 Egg Whites

Place sugar, vinegar and water in a saucepan and stir over heat until sugar is dissolved. Brush the sides of the saucepan with water occasionally to remove any crystals, and do not allow to come to the boil until all the sugar has dissolved. Then boil gently to 238 degrees F. or until the syrup will form a soft ball when a little is dropped into cold water. In the meantime, beat the egg whites very stiffly. When syrup is ready, pour it slowly over the egg whites, beating constantly. Continue beating until the icing is very thick, and will stand up in peaks, then quickly pour over the cake. Fluff up with knife to give the appearance of snow, or it can be left smooth if liked. Decorate with sprigs of holly.

SNOW ICING (Uncooked)

2 Egg Whites	Squeeze Lemon Juice
12 to 16 oz. Icing Sugar	1 teaspoon Glycerine

Sift sugar and gradually beat it into the egg whites. Lastly beat in the lemon juice and glycerine. See that the icing is the consistency to stand in peaks. Spread over cake and fluff up with a knife to give the appearance of snow. This icing may be used for a smooth covering on birthday or wedding cakes.

ROYAL ICING

1 quantity Snow Icing (uncooked) (see above)

Prepare Snow Icing omitting the glycerine. Use this icing for decorating cakes with icing tubes.

ORANGE FROSTING

2 oz. Sugar	1 dessertspoon Lemon Juice
2 tablespoons Water	1 small Egg White
2 tablespoons Orange Juice	8 oz. Icing Sugar

Put the 2 oz. sugar and water into a small saucepan, stir over heat until the sugar is dissolved, then boil until the syrup forms a thread. Stir gradually into the beaten egg white. Add the fruit juices and sifted icing sugar, mixing lightly. Pour over the cake while still warm.

PINK FROSTING

2 oz. Sugar	6 oz. sifted Icing Sugar
2 tablespoons Water	1 tablespoon Water
Cochineal	Few drops Vanilla or Raspberry
1 Egg White	Essence

Dissolve 2 ozs. sugar with 2 tablespoons water, boil until syrup forms a soft ball when tested in water (238°F.). Beat egg white stiffly then pour syrup gradually over, beating all the time. Beat in icing sugar and 1 tablespoon water. Flavour with essence and color pink. Spread on cake and fluff up with a knife.

MOCK CREAM FILLING

2 oz. Butter	2 tablespoons Milk
2 oz. Castor or Icing Sugar	1 tablespoon warm Water

Soften butter (but do not melt) and add sugar. Beat until creamy, using egg whisk. Then gradually add the milk and last of all the warm (not hot) water, beating all the time. Flavour to taste. If this mixture should curdle, place in a warm oven for a few minutes, then beat briskly.

DATE FILLING

1 cup cut Dates	1 oz. Chopped Walnuts or Almonds
Grated rind $\frac{1}{2}$ Lemon	3 tablespoons Water

Place dates, water, grated rind and juice of lemon in a saucepan and heat slowly until dates soften. Beat with a fork into a paste, add the walnuts or almonds.

CREAM CHEESE FILLING

2 oz. Butter	Salt and Cayenne Pepper
2 oz. grated Cheese	1 tablespoon Milk
1 Egg	

Beat egg, add butter, cheese, milk, salt and cayenne. Stir together over water until ingredients are blended. Do not allow mixture to boil.

LEMON FILLING (1)

Grated rind and juice of 1 Lemon	1 dessertspoon Butter
2 tablespoons Sugar	1 Egg (well beaten)

Put all ingredients into the top of a double boiler, and stir over boiling water until mixture thickens. (Do not allow to boil.) Cool before using.

LEMON FILLING (2)

6 tablespoons Condensed Milk	Juice of $1\frac{1}{4}$ Lemons
1 dessertspoon Golden Syrup or Honey	$\frac{1}{2}$ cup chopped Preserved Ginger

Add the lemon juice slowly to the condensed milk, stirring it well in. Mix in the golden syrup and ginger.

BUTTER CREAM

3 oz. Icing Sugar	Sherry or Vanilla flavouring
2 oz. Butter	

Sift sugar. Soften butter slightly and beat to a cream, using wooden spoon. Add sugar by degrees, then flavouring, working in well. Use as filling or for piping on cake.

COFFEE BUTTER CREAM

6 oz. Icing Sugar	1 dessertspoon Water
2 oz. Butter	1 dessertspoon Coffee Essence

Sift sugar. Soften butter slightly and beat to a cream, using a wooden spoon. Add sugar by degrees, also coffee essence and water, working in well.

Hot Dessert

1 white sponge
cut one $\frac{1}{2}$ into 3 layers

Crumble other $\frac{1}{2}$

Add to crumbs $\frac{3}{4}$ cup walnuts, $\frac{1}{2}$ cup fruit juice,
top 2 bedsprings. Caffe
17 ozs melted butter, ^{vanilla} Put between layers.

Cover with cream beaten with cocoa. Put
Walnuts on cream.

Try this
"Special"
next time
you're
entertaining



RECIPE

Carnation Almond Chicken Curry

INGREDIENTS: Two—2½ lb. roasting chickens, 4 ozs. shortening, 2 cups sliced onion rings, 2 medium cloves garlic crushed in 1 teaspoon salt, 1 tablespoon plain flour, 2½ tablespoons curry powder, 2 cups chicken stock, 1½ cups (12½ oz.) Carnation Evaporated Milk, 1 egg, 2 tablespoons chutney, ½ cup halved toasted almonds.

METHOD: Disjoint the chickens into serving portions, place with an onion, peppercorns, salt, bay leaves and just enough water to cover in a pan. Bring to the boil, cover and simmer till just tender. Remove chicken pieces, allow stock to cool. Remove flesh from chicken bones if desired. Melt shortening, lightly brown chicken pieces, remove to an ovenproof casserole and keep hot. Sauté onion and garlic in the same shortening, add curry powder and cook for 2 to 3 minutes longer. Stir in flour then add the chicken stock gradually. Stir till sauce thickens, simmer covered for 10 minutes. Beat Carnation Evaporated Milk and the egg together, stir into the pan, cook without allowing to boil. Add the chutney, season to taste. Hour over chicken, garnish with almonds and serve with freshly boiled rice. Serves 8-10.

CHOCOLATE CHIP CHEESECAKE

One cup plain sweet biscuit crumbs, two oz. butter or margarine, two (each eight oz.) packages cream cheese, three quarter cup sugar, half cup sour cream, one teaspoon vanilla essence, one teaspoon grated lemon rind, four eggs, one packet chocolate bits, whipped cream.

Preparation Time: 25 minutes.

Cooking Time: 40-50 minutes.

Oven Temperature: 325 degrees.

Mix together the biscuit crumbs and butter which has been melted. Press into the base and one inch up the sides of a greased nine inch spring form pan. Chill while preparing the filling.

Beat the cream cheese until smooth and creamy, then gradually add the sugar, beating until smooth. Mix in the sour cream, vanilla and lemon rind, then eggs one at a time, beating well after each. Fold in half the chocolate pieces.

Spoon filling into pan and bake at 325 degrees for 40-50 minutes, until almost firm in the centre. Cool and chill lightly. Spread with whipped cream and decorate with the remaining chocolate pieces.

SAUCES

CUSTARD SAUCE

$\frac{1}{2}$ pint Milk
2 Eggs
Pinch of Salt

1 dessertspoon Sugar
 $\frac{1}{4}$ teaspoon Essence, Vanilla or
Lemon

Heat milk. Beat eggs and sugar slightly. Pour hot milk into eggs and sugar, stir well, return to saucepan with salt. Cook in a water jacket, stirring frequently until custard coats the spoon. Strain at once into a cold basin and add essence. Stir now and then whilst cooling to prevent a skin from forming on top.

SWEET WHITE SAUCE

1 tablespoon McALPIN'S S.R. Flour
1 tablespoon Sugar
1 teaspoon Butter

$\frac{3}{4}$ pint Milk
Strip of Lemon rind or $\frac{1}{2}$ teaspoon
Lemon or Vanilla Essence

Blend flour and sugar with a little cold milk. Heat the remaining milk with the lemon rind and butter. Pour it over the blended flour. Return to the saucepan and stir until boiling. **Cook for 2 minutes, stirring continuously.** Remove the lemon rind and serve with boiled or steamed puddings.

FRUIT SAUCE

1 tablespoon McALPIN'S S.R. Flour
 $\frac{1}{2}$ pint Water and Fruit Juice

1 to 2 tablespoons Sugar,
according to the fruit used

Blend the flour with a little of the water in a saucepan. Add the remaining ingredients and bring to the boil, stirring continuously. **Cook for 2 or 3 minutes.** If lemon or orange juice is used cook a little of the colored peel in the sauce to add to the flavour.

HARD SAUCE

2 tablespoons Butter
3 tablespoons Castor or Light
Brown Sugar

$\frac{1}{2}$ teaspoon Vanilla Essence
 $\frac{1}{2}$ teaspoon Brandy
Nutmeg

Cream butter and sugar very well. Add the flavouring and chill. Dust with nutmeg. The beaten white of an egg may be added before chilling. Fruit juices such as pineapple, orange, etc., may be used for flavouring instead of vanilla essence and brandy.

CHOCOLATE SAUCE

1 tablespoon McALPIN'S Enriched
Plain Flour
2 oz. Sugar
 $\frac{1}{2}$ teaspoon Vanilla Essence

$\frac{1}{4}$ pint Water
1 tablespoon Butter
1 oz. Dark Chocolate

Melt butter, blend in flour off the heat, return and cook 1 minute. Add water, stir to boil, add sugar and grated chocolate, blend well. Lastly, stir in vanilla essence.

JAM SAUCE

$\frac{1}{2}$ pint Water
3 tablespoons Jam
1 tablespoon Arrowroot

1 dessertspoon Sugar
Coloring

Heat water and jam in a saucepan. Blend arrowroot and sugar with a little cold water and stir into the liquid. Stir until boiling and **cook 2 to 3 minutes, stirring continuously.** Strain and color if necessary. Serve with steamed puddings.



FAMOUS FOR
Quality
SINCE 1900

that has its own sauce cooked in the dish with the roll?

This is one version of this type of dessert. The brown sugar gives the syrup a caramel flavor.

CARAMEL APPLE ROLL

Four oz. short crust pastry, half level teaspoon cinnamon, half teaspoon grated lemon rind, two or three tablespoons of white sugar according to the tartness of the apples, two tablespoons sultanas, three and a half cups freshly grated apple, one rounded dessertspoon butter, half cup brown sugar, three-quarters cup hot water, one dessertspoon lemon juice.

Roll the shortcrust into an oblong shape. Mix the cinnamon, grated lemon rind, sugar, sultanas and apple. Spread to within half an inch of the edges of the pastry. Moisten the edges and roll up like a jelly roll, starting at the longest end.

Place in a greased dish. In a saucepan combine the butter with the brown sugar, water and lemon juice. Stir over a medium heat until the sugar has melted. Pour over the roll.

Bake in a moderate oven for about half an hour. Serve sliced with custard, ice-cream or whipped cream.

Lemon & Coconut Pudding

3 eggs

$\frac{3}{4}$ cup sugar (+ extra $\frac{1}{4}$ cup)
1 cup milk sugar

1 Tab. spoon S.R. Flour

grated rind + juice 2 lemons
pinch salt

$\frac{1}{2}$ cup coconut.

Separate eggs beat yolks with
 $\frac{3}{4}$ cup sugar until light +
fluffy beat in milk sifted
flour rind + juice of lemons
+ salt stir in coconut.

Beat egg whites until stiff
~~fold into mixture~~
with extra $\frac{1}{4}$ cup sugar
fold into mixture. Stand in
pan of water Bake in
mod. oven for 1 hr.



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